INGREDIENTS FOR THE GOOD LIFE

EatingWell®

JULY/AUGUST 2021

FIRE UP THE GRILL
FOR FIDEOS & PAELLA

FRESH SUMMER SALADS

MINI MUFFINS
snackable, healthy, delicious

HYDRATION & EXERCISE
what you need to know

5th ANNUAL AMERICAN FOOD HEROES
PAGE 62

GOYA 85 YEARS

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Shrimp Fried Rice

Ingredients

2 cups **GOYA® Jasmine Rice**, cooked

2 oz. peanut oil

4 shrimp U-15, peeled, deveined and cut into ½ inch rounds

1½ tsp. **GOYA® Minced Garlic**

1 bunch green onions, sliced

¼ tsp. ginger, chopped

4 eggs, large

½ cup **GOYA® Frozen Peas**

2 tbsp. soy sauce

1 tsp. sesame oil

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FEATURES

These Barred Rock laying hens roost in coops that are rotated around the pastures at Stone Acres Farm in Stonington, Connecticut.

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2021 American Food Heroes

A celebrity chef who quietly handed out meals to first responders during the California wildfires. An advocate who has spent half a century fighting to help Black farm owners. They're among the 10 men and women making our food system more sustainable and sustaining for all.

By Jonathan Kauffman

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Fire & Rice

Here's how to take a trip to Spain without boarding a plane. Pull out a bottle of wine, grab your largest pan and light the grill. These paella and fideos recipes will bring the smoke-meets-salty-air aroma of Valencia to your own backyard.

By Lorraine Allen

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Saving Stone Acres

Yes, they grow some of the best produce around. But Jane Meiser and her restaurateur husband, Dan, have done so much more with their 255-year-old family farm—reimagining what a successful agricultural business can be.

By Priya Krishna • Recipes by 85th Day Food Community Team

90

A Filipino Feast

For laid-back gatherings this summer, do as Yana Gilbuena does and cook up a kamayan meal, where it's all about bold flavors, a variety of dishes—from lumpiang to pineapple flan—and eating with your hands.

By Lucy M. Clark • Recipes by Yana Gilbuena

COVER PHOTO: ANGIE MOSIER; STYLING: JENNI RIDALL; **COVER RECIPE:** PAGE 79. THIS PAGE: MATTHEW BENSON

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TED & CHELSEA CAVANAUGH; STYLING: NORA SINGLEY

YOU'RE MORE EXCITED TO LIGHT THE GRILL THAN THE FIREWORKS.

WE'VE GOT A SNACK FOR PEOPLE LIKE YOU.

Get Together?

Last summer was a weird one when it came to getting together with folks. There were so many questions. Can we share food? Do we bring our own? What if we have to go inside? How many is too many people? I've just gotten my second Pfizer shot and along with that, I have a glimmer of hope that this summer is going to be a whole lot different.

There is, however, one tradition from summer 2020 that I'm planning to adopt for this year and beyond: the dock concert. From May to October I live on Lake Champlain in a cottage built in the 1890s as a fishing camp. As we were contemplating how to fight both boredom and isolation while also helping our friend, Lowell Thompson, whose work as a musician had dried up due to the pandemic, my husband, John, suggested that we should host concerts on our dock. (Sound travels over calm water like nothing else.) We would spread the invitation to anyone we knew who had a boat and tell them they were invited to come, but they had to arrive by water (no coming into our house!), it was 100% BYO and the price of admission was a contribution to Lowell's Venmo tip jar.

That first night about 25 boats arrived. By the second time he played, word had gotten out, and as I stood on the porch listening to Lowell croon, I counted around 60 boats. Apparently, we weren't the only ones longing to connect. There were canoes, kayaks, cabin cruisers, ski boats, fishing boats, you name it. People noshed on appetizers or even full-blown picnic dinners. Cocktails, beer and wine flowed. Kids swam. I paddled out to say hello (from afar) to family and friends. I stopped to greet a boat full of people I didn't recognize and was immediately offered a gin & tonic and a lobster roll. I was too worried about social distancing protocols to accept, but I loved the gesture nevertheless.

We're planning our 2021 dock concerts now. But I have my fingers crossed that I'll also get to have a packed table for a kamayan feast *(page 90)*. I want to build a fire in the Big Green Egg smoker to make paella *(page 76)* for a crowd. And I'm ready to design a menu around the freshest summer produce I can find using recipes from Stone Acres Farm *(page 82)*.

Hopefully we'll all be sitting down again soon to eat with those we love.

Jessie

Jessie Price,
editor@eatingwell.com

Follow me on Instagram @jessieeatswell

Burlington, Vermont-based musician Lowell Thompson played from the dock to a distanced crowd on Lake Champlain last summer.

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BROOKE BURKE

WE ASKED YOU:

What is your favorite summer drink?

A lovely cold crisp **Oregon chardonnay.** *—marie_hook*

Strawberry margarita. *—_latina430*

Lychee martini. *—debbiehicks1728*

Homemade **ginger lemonade.** *—cupcake_shoes*

Only one? A **coconut mojito** or I combine muddled mint, fresh lime juice, cucumber-mint vodka with club soda and top with lots of ice! *—nicolephippsfsu*

Beer. Summer, winter, fall, spring. *—lgnevarez87*

Aperol spritz with an orange slice! *—dawndavoli*

Paloma. *—kmchid*

Rosé on ice! *—navratilsue*

Iced hibiscus tea with lime. *—danaliselaine*

Homemade sangria with lots of summer fruit! *—jenzemanart*

Get our top summer cocktail recipes!

Scan with your phone's camera to see what the buzz is about.

WHAT'S TRENDING ON EatingWell.com

1 Watermelon Salads
Our fresh spins on sides and mains, like this Watermelon, Orange & Cucumber Salad with Castelvetrano Olive Vinaigrette, will be the star of your next shindig. *EatingWell.com/WatermelonSalads*

2 July 4th Recipes
Celebrate Independence Day with our recipe collection spanning from apps to desserts. Did someone say Flag Cake? *EatingWell.com/July4th*

3 10 Surprising High-Protein Foods
We're betting quinoa isn't the first thing that comes to mind when you think of protein. Learn about this rich source, plus nine more. *EatingWell.com/ProteinFoods*

THE EATINGWELL GOOD-LIFE GURUS

These are the Instagram influencers we're looking to for party inspo this summer—from a mixologist to a pie artist (yes, a real thing!).

@thecocktailsnob_
NYC-based **Camille Wilson** aims to inspire home bartenders to "create their own #happyhourathome." Between the recipes on her blog, The Cocktail Snob, and the mouth-watering libations on Insta, you're sure to want to reach for your cocktail shaker. Wilson also posts fun roundups like home bar tool essentials, her favorite Black-owned glassware companies and the best mixers to stock your bar with.

@thedelicious
Sarah Gim's feed is a favorite follow of our editor-in-chief, who can't get enough of her boards bursting with bright fruits and veg. Whether monochromatic or all the colors of the rainbow, each one is a work of art. Plus, she links her shopping list and recipes for each shot (*above dips:* Yogurt Ranch, Green Goddess, Whipped Guacamole and White Bean Hummus). Get ready to dig in!

@pieladybooks
Sometime during the pandemic (it's been a long year) we discovered **Stephanie Hockersmith**'s account. And just like that, this gluten-free baker and avid reader stole our hearts. Each insanely intricate pie she makes is inspired by the book cover of her latest read (such as Patricia Engel's *Infinite Country,* shown here) and is aimed at encouraging people to read books from diverse authors.

AARON KIRK; INSTAGRAM: @THECOCKTAILSNOB_, @THEDELICIOUS, @PIELADYBOOKS

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GOOD LIFE

FRESH IDEAS FOR EVERY DAY

Net Gains

Discover what an amazing teacher nature can be with these activities that will keep your kids engaged all summer long.

By Taylor Hugo

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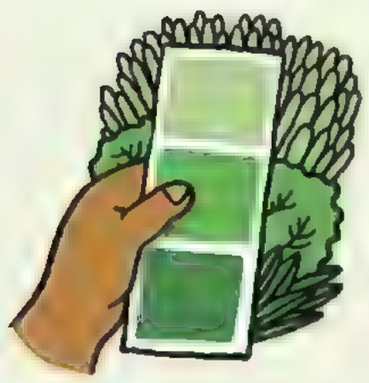
Studies have shown a positive link between outdoor experiences and academic performance, personal development and environmental stewardship among kids.

But with many summer camps still derailed by the pandemic, you may be looking for ways to fill that commune-with-nature gap right now. "Whether you're in the garden or just outside, there are great opportunities for promoting observation skills and sensory exploration. Through this, you're also enhancing social and emotional well-being, which supports learning," says Erica Curry, who develops hands-on resources and programs for students and teachers at FoodCorps, a national nonprofit that connects kids to healthy food in schools.

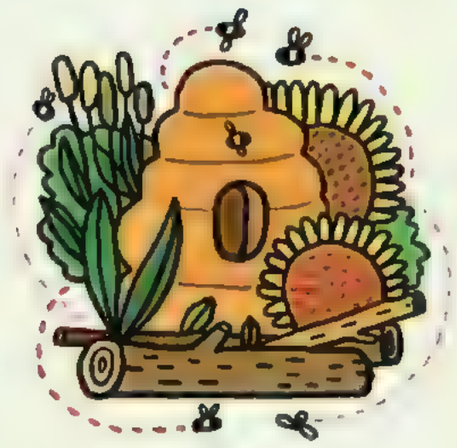
Fun outdoor activities Curry recommends—that also sneak in a side of education:

1. Designate a "sit spot." Find a special place in your yard, garden or local park where you and your child can observe animals and insects, and reflect on changes to the plants over time. (You can simply talk about them, keep a journal or make drawings.) "Particularly these days, with all the stress kids are feeling, it's important to create a safe, quiet space where they can deepen their connection to nature and develop a sense of belonging," says Curry.



2. Conduct a color search. Pick up paint swatches from the hardware store, then play a game to see who can best match the paint colors to the hues found outdoors.

3. Tune in to nature. With paper and markers in hand, listen to your surroundings—that bird chirping, the whoosh of wind through the trees—then draw what you hear and the direction it came from to create a "sound map." Even five minutes of this activity, Curry says, can ground kids in a specific location—calming the mind, lowering stress levels and promoting social and emotional learning and new skill development.

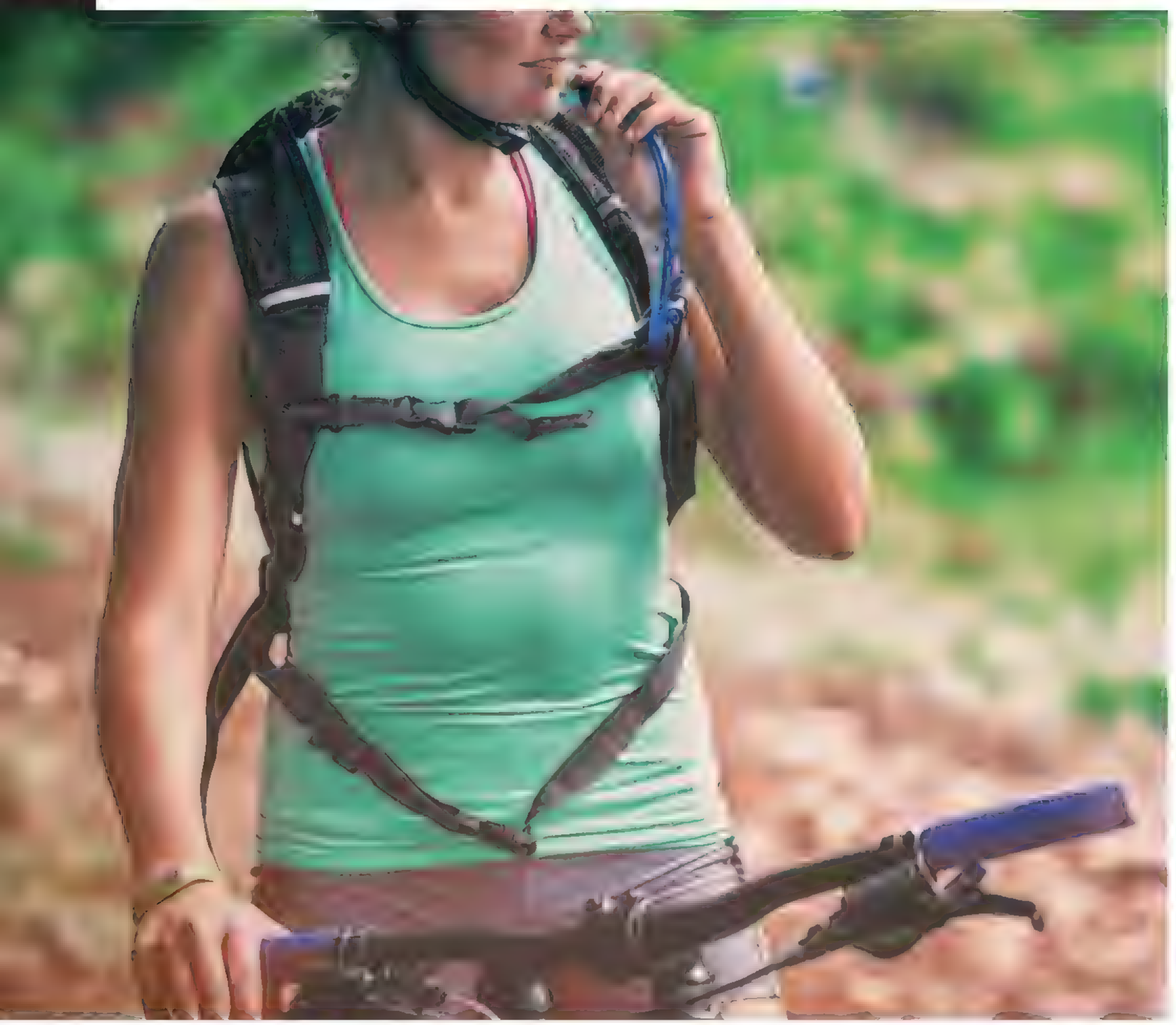


4. Build a bee habitat. Plant flowers that are known for attracting pollinators—like bee balm, butterfly bush and sunflowers—and encourage bees to stick around by providing an ideal nesting habitat, such as a bundle of sticks. Check back often (from a distance) to see if you can spot new colony members making themselves at home. "Teaching kids about pollinators is so important because without them, we wouldn't have most of the fruits and vegetables we eat," says Curry.

5. Connect plants with food. Tell your kid she's eating seeds and bark for breakfast, and she'll likely be confused. But explain that the cinnamon oatmeal cereal she loves comes from bark and seeds and she'll be intrigued, providing you an opportunity to teach her about nature. "We live in a world where many kids don't understand where food comes from," says Curry. She suggests gathering the different parts of a plant—roots, seeds, leaves, fruits, stems and flowers—from your garden or the grocery store and making a wrap with them. Fill large leaves of cabbage or kale with roots (like carrots, parsnips, beets), seeds (sunflower, pumpkin, pomegranate), stems (celery, asparagus), flowers (broccoli, cauliflower) and fruits (such as tomatoes and cucumbers, which are indeed fruits). Studies show that when kids are involved with gardening and meal prep, they are more likely to reach for fruits and vegetables.

For more outdoor learning ideas, visit *foodcorps.org/resources*

ILLUSTRATIONS BY AARON MESHON



Water Break!

Studies show that even mild dehydration can be a real workout tanker—reducing your endurance and making your session feel harder mentally and physically. So drink up. Experts share strategies for making sure you get the right amount of fluid.
By Micaela Young, M.S.

It's the time of year for hiking, biking, swimming—and getting ridiculously sweaty in the great outdoors. "In hot environments, many people don't realize how much they're perspiring because it evaporates so quickly, especially if they're wearing sweat-wicking clothing," explains Melinda Manore, Ph.D., RD, CSSD, a researcher and professor emeritus in nutrition at Oregon State University. (And about one-third of American adults don't drink enough H_2O to begin with.) Our bodies need water not only for workout performance but also to regulate body temperature and for proper metabolic and cognitive function, she adds.

To make sure you stay properly hydrated in summer's heat, Los Angeles-based sports dietitian Jessica Isaacs, RD, CSSD, suggests drinking 12 to 16 ounces of water about an hour before exercise, sipping 6 to 12 ounces every 20 minutes while you're working out (check out our hydration-pack picks, *right)* and then having at least 24 ounces afterward to replenish lost fluids. If you're doing moderate to vigorous activity in particularly hot or dry weather for 45 minutes or more, Isaacs also recommends replacing lost electrolytes by sipping coconut water or a sports drink during exercise to help performance and prevent muscle cramps. (It can also prevent hyponatremia, a rare but dangerous condition that results from low levels of sodium after a very high intake of plain water.) Her DIY sports drink: 8 ounces of 100% fruit juice mixed with 8 ounces of water and ½ teaspoon of salt. Adding a little extra salt to your food can replenish electrolytes as well.

Because everyone's fluid needs vary, the most important thing is to listen to your body and honor your thirst, says Manore. A simple way to tell if you're getting enough water is to check your pee. If it's pale yellow—like the color of lemonade—you're good. Anything darker and you may need to up your H_2O intake.

H_2O On-the-Go

Three of our favorite hydration packs.
By Cindy Kuzma

BEST FOR CYCLISTS
CamelBak M.U.L.E. Pro 14
A special mesh body-conforming back panel siphons sweat away and promotes air flow to keep you cool, while an integrated bike-tool roll keeps all your essentials, including CO_2 cartridges and tire levers, handy. ***($150; camelbak.com)***

BEST FOR ANY OUTDOOR WORKOUT
Salomon Sense Pro Belt
Don't let the small size fool you—there's space for a 500-milliliter flask alongside your electronics, keys and other essentials. Strategically placed foam minimizes rubbing and the hip-hugging design stops sloshing and jostling. ***($50; salomon.com)***

BEST FOR HIKING
Osprey Mira 32
Stow everything you need for a day on the trails in this roomy backpack's main compartment. It has a separate 2.5-liter water reservoir, plus a rain cover to keep belongings dry. A double-looped system allows you to attach trekking poles to the outside of the pack. ***($180; osprey.com)***

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LEFT: VECTORFUSIONART/SHUTTERSTOCK

BAGS WITH A MISSION FOR WOMEN ON A MISSION

Lauren Bush Lauren,

FEED

Protect Your Kidneys

More than 1 in 7 U.S. adults have damage that keeps these crucial organs from doing their job. But these dietary tweaks can help keep your kidneys going strong. **By Julie Stewart**

For all the hard work they do— filtering out waste, regulating blood pressure, converting vitamin D into its usable form—your kidneys might not get the love they deserve. An estimated 37 million Americans have chronic kidney disease (CKD), a condition that prevents the organs from functioning properly and can lead to heart disease, stroke and early death. And 9 in 10 affected people don't know they have it. (Your doctor can test to check your status.) Diabetes, high blood pressure and age all increase your risk for CKD. But there are some simple ways to lower your odds of the disease or slow its progression, says Juan Jesus Carrero, Ph.D., who studies kidney disease at the Karolinska Institutet in Sweden. Here, 4 smart habits to adopt.

Consider Meatless Mondays The average American consumes almost twice the amount of protein they need each day—and most of it comes from meat. Why that can be a problem: When your body digests protein, byproducts are created that need to be filtered out of the blood and eliminated by the kidneys. This process can stress already compromised kidneys, but there's evidence that eating too much protein may also harm healthy kidneys. A Johns Hopkins University study that followed people without kidney disease for 20-plus years found that those who ate the most meat—particularly red and processed meat—had a 23% higher risk of CKD than those who ate the least. If you're a big meat eater (or consume a lot of protein in general) cut back on a daily serving or two.

Rough Up Your Diet When your gut metabolizes fiber, it creates beneficial compounds that improve insulin sensitivity and reduce inflammation—two factors important for kidney health, says Carrero. This process also reduces the production of toxins that are damaging to kidneys, he adds. In fact, a study published in the *British Journal of Nutrition* found that for every 5 grams of fiber people reported eating each day (the amount in ⅓ cup of cooked black beans or about ½ cup of raspberries), their risk of developing CKD dropped by 11%.

Stop the Pop In a study published in the *Clinical Journal of the American Society of Nephrology*, every additional weekly serving of sugar-sweetened beverages like sodas and fruit drinks (not 100% juice) was linked with an 18% increased risk of CKD. Excess sugar ups your blood glucose level and can eventually damage the blood vessels in your kidneys, explains Carrero. Plus, many sugary drinks, particularly colas, contain high amounts of the mineral phosphorus, which has also been associated with kidney damage. If you need a little sweetness in your glass, try water with some sliced fresh fruit.

Pass on the Salt, Please Researchers in Japan found that people who ate the most salt—about 4,500 mg of sodium per day, nearly twice the American Heart Association's recommended limit—had a 29% increased risk of developing impaired kidney function. (The average American consumes 3,400 mg a day.) Excess salt intake may damage the kidneys in several ways, including raising blood volume and pressure in the kidneys and taxing the nephrons—microscopic structures that filter your blood, remove waste and control fluid concentrations. Over time, this can damage how the nephrons function. So read food labels and watch your overall sodium intake, especially when it comes to processed items like store-bought bread, soups and deli meats. They're the most common culprits in high-salt diets.

©CHRISTIANE MCCOY/GETTY IMAGES

A Life Well Lived

Losing a pet is painful, but these strategies can help ease the heartache. **By Roxanne Hawn**

The love we feel for our pets is more than just emotional—it actually causes physiological changes in our bodies and theirs. Snuggling, for example, increases levels of the love hormone oxytocin and has a calming effect that slows down and syncs up your heart rates. So when a furry friend dies, the grief we experience can feel the same as if we'd lost a human bestie. We experience increases in the stress hormone cortisol and drops in oxytocin, along with the emotions that naturally accompany the death of a good friend or family member. In other words, the grief is real—and normal. Here, experts talk about how to get through it—and celebrate that special bond.

Consider Touch Therapy

Intense sadness can manifest physically as aches and pains. "It can be really helpful to take your hands and apply pressure to any areas of tension," says Nicole Vykoukal, LCSW, a psychotherapist and yoga teacher in Austin, Texas, who specializes in companion-animal loss and grief counseling. Also, try humming, singing or chanting. "The sound activates the vagus nerve to soothe the stress response," she explains.

Honor Fluffy's Memory

Eric Richman, M.S.W., LICSW, a clinical social worker at the Cummings School of Veterinary Medicine at Tufts University, runs a pet loss support group for clients of the veterinary medical center there. He says that some people find solace by drawing or painting a portrait of their pet, planting flowers or writing an obituary, poem or story. Other ideas include hanging wind chimes, creating a digital photo album and making a memorial donation to a pet health organization, like Pet Cancer Awareness or the Foundation for Feline Renal Research. Talking about your pet works, too. "Sharing stories keeps your pet's memory alive and can help you work through your grief and cope with their absence," adds Vykoukal.

Get Some Exercise

The feel-good endorphins physical activity triggers can do wonders. To combat sadness, Vykoukal recommends high-intensity exercise such as vigorous yoga sequences, power walking, running or interval training. For anxiety, opt for a gentler type of workout (she finds yoga poses like standing or kneeling forward-bends particularly calming).

Find Support

If heartache hinders your ability to work or handle family responsibilities, consider seeking peer or professional help, such as through the Pet Loss Support Hotline at Tufts (508-839-7966, *vet.tufts.edu/petloss*) or an online support group. In the future, once you feel at peace, you may also decide you're ready to welcome a new pet into your heart and home.

Time for a New Friend?

If you can't even entertain the idea yet, that's fine. "But some people do find solace in getting a new pet," says Richman. And that's perfectly OK too. Parents should be cautious about unintentionally teaching their children that loved ones who die can be replaced. To avoid this, he encourages having honest, clear conversations about why the family is considering a new pet.

PAULA PUNCHER/EYEEM

The New Brain Boosters

Nootropics are officially A Thing. *EatingWell* looks at what the science says about their smarts-enhancing potential. By Karen Ansel, M.S., RDN

Who doesn't want to be smarter, sharper and more focused and creative? Nootropics (pronounced *new-traw-picks*) promise all of this and more. These "smart pills"—which are a group of natural and synthetic compounds, often found in supplement or prescription form—might sound new, but nootropics have been around since the early 1970s, when Romanian psychologist and chemist Corneliu Giurgea created a synthetic substance called piracetam to improve learning and memory and coined the term. Nootropics gets its name from the Greek words nous ("mind") and trepein ("bend or turn"). There are more than 130 over-the-counter nootropics—including ginseng, ginkgo, guarana, creatine, caffeine and *Bacopa monnieri* as well as piracetam—plus Rx versions, such as the ADHD medications Adderall and Ritalin, and Aricept, an Alzheimer's treatment.

Today, nootropics and other brain health supplements are a billion-dollar industry in the U.S. And of the estimated 16 million American adults who use stimulants like Adderall, about 5 million do so off-label, with half of those specifically aiming to enhance their brainpower. "People will jump at any opportunity to try something that might be mentally curative or restorative," says Maya Babu, M.D., M.B.A., a neurosurgeon at Cleveland Clinic Martin Health in Port Saint Lucie, Florida. "Younger people are interested in potential memory and attention benefits, while those who are older are concerned about dementia."

But do OTC nootropics work? The research says: not so much. When scientists reviewed 394 studies for a 2020 *Nutrients* review on nootropics, they ended up tossing out 73% due to low quality (meaning the results didn't hold up to rigorous scientific scrutiny). After scrutinizing those that remained, they concluded that the *only* supplement that might be useful was caffeine, showing promise for improving memory, attention, problem-solving and reasoning. And even that was mostly among sleep-deprived people.

There are also safety concerns. Supplements aren't subject to the same clinical trials as prescription drugs, and many of their labels are riddled with unsubstantiated claims. The issue is so problematic that in 2019, the FDA and the Federal Trade Commission sent letters to three nootropic supplement manufacturers demanding them to promptly correct the false or misleading claims on their labels. One ginkgo biloba brand got a slap on the wrist for touting its ability to improve memory. And a purveyor of colostrum supplements got called out for its Alzheimer's prevention claims.

As for prescription nootropics? "For patients with true ADHD or dementia, certain medications can be tremendously helpful for attention, alertness and focus," says Babu. "But for those without these underlying conditions, I haven't seen data that nootropics can increase performance in any way." Indeed, a 2016 *American Academy of Family Physicians* review found no evidence that Alzheimer's medications do anything to improve mental function in healthy people and that the impact of ADHD medications for those without the condition are modest at best. "In the end, I don't think nootropics can replace sleep, healthy diet, physical activity and memory exercises," says Babu. "I'd hate to see people think they will benefit them in any meaningful way." Next time you're looking for a brain boost? Her advice: Try a strong cup of coffee.

ILLUSTRATION BY ASIA PIETRZYK

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Table Talk with Allyson Felix

No big deal, she's only the most decorated female track athlete in Olympic history—with 9 medals, including 6 gold. And now she's got her sights set on Tokyo. But Felix also has a secret talent that *EatingWell* wanted to know more about: baking. We can smell the cinnamon rolls from here. **By Lucy M. Clark**

Finish this sentence: To me, cooking is... Love. Just because of how busy I am, when I do get time to cook or bake for family or friends, it's very thoughtful—it's an expression of love.

What food says home to you? Soul food. Black-eyed peas, mac and cheese, rice and gravy, catfish. All of that. My mom and my grandma (who lived with us growing up) would always make a big dinner Sunday after church. It brings back memories of those dinners when we would all just come together—family and friends—and connect over food.

We heard your secret talent is baking. What are some of your favorite things to make? My family really loves my cinnamon rolls, so that's one of my go-tos. They also love my pound cake and German chocolate cake.

What's your workout schedule like? I train about five hours a day. Three of those hours are on the track—warming up, stretching, doing drills and then the actual workout, which may be anything from very technical work on the starting blocks to speed work. From there, I go to the gym and spend a couple of hours doing strength and conditioning.

Wow, we want a snack just hearing about that. So what's your diet like? I usually keep breakfast light: yogurt and granola. In transit to the gym, I'll have an acai bowl or some type of smoothie. Lunch is a salad with protein and fruit. And then for dinner (that's my biggest meal) I eat a lot of fish, brown rice or sweet potatoes and veggies. Asparagus is one of my favorites. And zucchini.

Beer, wine or cocktail? Wine. It's always a treat after a hectic day: a perfect way to unwind. In the summertime I love a sauvignon blanc.

Is there a kitchen gadget that you can't live without? My slow cooker—definitely! I just love that you can throw in your favorite ingredients, hit the road and when you come back, that smell and warmth just fills your home—like you've been cooking all day. With my lifestyle, it's a lifesaver.

What makes you so passionate about running? I'm supercompetitive, so I love that running is something that is not subjective. You can know on that day who is the best! And I love how personal and individual it is. You can constantly challenge yourself.

What are you most looking forward to about being at the Tokyo Olympics? Experiencing it with my 2½-year-old daughter and husband. One thing I'm really excited for my daughter to try is shabu-shabu. I think she would really get a kick out of the hotpot. And then the culture—there's just so much to take in, so much color and so many things to see!

To learn more about all the Olympic hopefuls, visit TeamUSA.org. *Watch the Tokyo Olympics this summer on NBC.*

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Tasting Tokyo

While athletes are flipping and freestyling at the Olympics, we're just here for the food (virtually, of course). Writer **Melinda Joe** calls on experts—and her own experience living in Japan's capital—to offer us a taste of the city's most iconic, steeped-in-history dishes.

"With the rise of foreign interest, washoku (Japanese cuisine) has recently become a source of national pride," says Wesleyan University associate professor Takeshi Watanabe, Ph.D., who teaches a course examining the country's history through food. And nowhere is this obsession more evident than in Tokyo: according to government statistics, the city is home to roughly 150,000 restaurants, with more Michelin-starred establishments than New York and Paris combined.

The food scene is constantly evolving, but some dishes remain ubiquitous: grilled eel, tempura, soba and sushi make up the four kings of Tokyo cuisine. They all started out as quick bites consumed at street stalls catering to the influx of migrant workers to the shogunate capital—previously known as Edo—during the 17th and 18th centuries, Watanabe says, and were very different from the versions we know today.

Tempura traces its earliest roots to the 16th century, when Portuguese missionaries introduced the technique of deep-frying battered vegetables in oil. With ample access to seafood, the denizens of Edo began making tempura with fish, such as sea eel, sold on skewers with a dipping sauce and grated daikon. These days, it's served piece-by-piece directly from the fryer at fine-dining establishments; at casual Tokyo eateries, it comes slathered in a sweet-and-savory sauce atop rice or as an accompaniment to soba noodles.

Once eaten mainly at temples, soba rose to prominence thanks in part to depictions of the dish in a traditional form of theater called kabuki. The aesthetic of "Tokyo chic"—a set of Edo-era social standards that dictated everything from what people wore to how they ate—mandated that soba-eaters barely chew the noodles and slurp them loudly. The standard dipping sauce used today—made with dried bonito flakes, soy sauce and mirin—developed around the mid-17th century with the invention and proliferation of less-expensive soy sauce. (Slurping remains obligatory.)

Tokyo's most iconic dish, sushi, has undergone the biggest changes. Adapted from a fermented fish and rice dish that originated in Southeast Asia, the nigiri sushi invented in Edo during the 1800s—slices of fish atop vinegared rice—took advantage of fresh seafood from Tokyo Bay. Back then, the pieces were significantly larger, and shellfish like hamaguri clams and ark shell were prized, while the tuna favored today was rarely used. Chef Junichi Onuki of Tokyo's Isana Sushi Bar notes that sushi-making techniques were originally created to preserve seafood in the absence of refrigeration—such as marinating fish in soy sauce or between blades of kelp—but are now employed simply to add flavor.

You can get any of these dishes in the U.S. But if you're after a more Tokyo-like experience at home, look to cookbooks like *Sushi Master* by Nick Sakagami or Maori Murota's *Tokyo Cult Recipes.*

Scan with your phone's camera to learn how to make fantastic shrimp tempura at home.

CHARLY TRIBALLEAU/GETTY IMAGES

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[a]In a 6-month study looking at A1C with 703 adults with T2D comparing 7 mg RYBELSUS® and 14 mg RYBELSUS® with a sugar pill when both were added to diet and exercise.
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What is RYBELSUS®?

RYBELSUS® (semaglutide) tablets 7 mg or 14 mg is a prescription medicine used along with diet and exercise to improve blood sugar (glucose) in adults with type 2 diabetes.

- RYBELSUS® is not recommended as the first choice of medicine for treating diabetes
- It is not known if RYBELSUS® can be used in people who have had pancreatitis
- RYBELSUS® is not for use in people with type 1 diabetes
- It is not known if RYBELSUS® is safe and effective for use in children under 18 years of age

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What is the most important information I should know about RYBELSUS®?

RYBELSUS® may cause serious side effects, including:

- **Possible thyroid tumors, including cancer.** Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer. In studies with rodents, RYBELSUS® and medicines that work like RYBELSUS® caused thyroid tumors, including thyroid cancer. It is not known if RYBELSUS® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people

Do not use RYBELSUS® if:

- you or any of your family have ever had MTC, or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2)
- you have had a serious allergic reaction to semaglutide or any of the ingredients in RYBELSUS®. See symptoms of serious allergic reaction in **"What are the possible side effects of RYBELSUS®?"**

Before using RYBELSUS®, tell your healthcare provider if you have any other medical conditions, including if you:

- have or have had problems with your pancreas or kidneys
- have a history of vision problems related to your diabetes
- are pregnant or plan to become pregnant. It is not known if RYBELSUS® will harm your unborn baby. You should stop using RYBELSUS® 2 months before you plan to become pregnant. Talk to your healthcare provider about the best way to control your blood sugar if you plan to become pregnant or while you are pregnant
- are breastfeeding or plan to breastfeed. Breastfeeding is not recommended during treatment with RYBELSUS®

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. RYBELSUS® may affect the way some medicines work and some medicines may affect the way RYBELSUS® works.

What are the possible side effects of RYBELSUS®?

RYBELSUS® may cause serious side effects, including:

- **inflammation of your pancreas (pancreatitis).** Stop using RYBELSUS® and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back
- **changes in vision.** Tell your healthcare provider if you have changes in vision during treatment with RYBELSUS®
- **low blood sugar (hypoglycemia).** Your risk for getting low blood sugar may be higher if you use RYBELSUS® with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin. **Signs and symptoms of low blood sugar may include:** dizziness or lightheadedness, blurred vision, anxiety, irritability or mood changes, sweating, slurred speech, hunger, confusion or drowsiness, shakiness, weakness, headache, fast heartbeat, and feeling jittery
- **kidney problems (kidney failure).** In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration), which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration
- **serious allergic reactions.** Stop using RYBELSUS® and get medical help right away, if you have any symptoms of a serious allergic reaction, including swelling of your face, lips, tongue, or throat; problems breathing or swallowing; severe rash or itching; fainting or feeling dizzy; or very rapid heartbeat

The most common side effects of RYBELSUS® may include nausea, stomach (abdominal) pain, diarrhea, decreased appetite, vomiting, and constipation. Nausea, vomiting, and diarrhea are most common when you first start RYBELSUS®.

Please see Brief Summary of Prescribing Information on adjacent page.

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Brief Summary of information about RYBELSUS® (semaglutide) tablets

RYBELSUS®
semaglutide tablets 7mg | 14mg

Rx Only

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- Talk to your healthcare provider or pharmacist
- Visit www.novo-pi.com/rybelsus.pdf to obtain the FDA-approved product labeling
- Call 1-833-GLP-PILL

Read this Medication Guide before you start using RYBELSUS® and each time you get a refill. There may be new information. This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

What is the most important information I should know about RYBELSUS®?

RYBELSUS® may cause serious side effects, including:

- **Possible thyroid tumors, including cancer.** Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer. In studies with rodents, RYBELSUS® and medicines that work like RYBELSUS® caused thyroid tumors, including thyroid cancer. It is not known if RYBELSUS® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people.
- Do not use RYBELSUS® if you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC), or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

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- It is not known if RYBELSUS® can be used in people who have had pancreatitis.
- RYBELSUS® is not for use in patients with type 1 diabetes.

It is not known if RYBELSUS® is safe and effective for use in children under 18 years of age.

Do not use RYBELSUS® if:

- you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC) or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).
- you have had a serious allergic reaction to semaglutide or any of the ingredients in RYBELSUS®. Symptoms of a serious allergic reaction include:
  - swelling of your face, lips, tongue or throat
  - problems breathing or swallowing
  - severe rash or itching
  - fainting or feeling dizzy
  - very rapid heartbeat

Before using RYBELSUS®, tell your healthcare provider if you have any other medical conditions, including if you:

- have or have had problems with your pancreas or kidneys.
- have a history of vision problems related to your diabetes.
- are pregnant or plan to become pregnant. It is not known if RYBELSUS® will harm your unborn baby. You should stop using RYBELSUS® 2 months before you plan to become pregnant. Talk to your healthcare provider about the best way to control your blood sugar if you plan to become pregnant or while you are pregnant.
- are breastfeeding or plan to breastfeed. Breastfeeding is not recommended during treatment with RYBELSUS®.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. RYBELSUS® may affect the way some medicines work and some medicines may affect the way RYBELSUS® works.

Before using RYBELSUS®, talk to your healthcare provider about low blood sugar and how to manage it. Tell your healthcare provider if you are taking other medicines to treat diabetes, including insulin or sulfonylureas.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

How should I take RYBELSUS®?

- Take RYBELSUS® exactly as your healthcare provider tells you to.
- Take RYBELSUS® by mouth on an empty stomach when you first wake up.
- Take RYBELSUS® with a sip of plain water (no more than 4 ounces).
- Do not split, crush or chew. Swallow RYBELSUS® whole.
- After 30 minutes, you can eat, drink, or take other oral medicines.
- If you miss a dose of RYBELSUS®, skip the missed dose and go back to your regular schedule.

What are the possible side effects of RYBELSUS®?

RYBELSUS® may cause serious side effects, including:

- **See "What is the most important information I should know about RYBELSUS®?"**
- **inflammation of your pancreas (pancreatitis).** Stop using RYBELSUS® and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back.
- **changes in vision.** Tell your healthcare provider if you have changes in vision during treatment with RYBELSUS®.
- **low blood sugar (hypoglycemia).** Your risk for getting low blood sugar may be higher if you use RYBELSUS® with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin. **Signs and symptoms of low blood sugar may include:**
  - dizziness or light-headedness
  - anxiety, irritability, or mood changes
  - slurred speech
  - shakiness
  - fast heartbeat
  - hunger
  - weakness
  - feeling jittery
  - blurred vision
  - sweating
  - confusion or drowsiness
  - headache
- **kidney problems (kidney failure).** In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration) which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration.
- **serious allergic reactions.** Stop using RYBELSUS® and get medical help right away, if you have any symptoms of a serious allergic reaction including:
  - swelling of your face, lips, tongue or throat
  - problems breathing or swallowing
  - severe rash or itching
  - fainting or feeling dizzy
  - very rapid heartbeat

The most common side effects of RYBELSUS® may include nausea, stomach (abdominal) pain, diarrhea, decreased appetite, vomiting and constipation. Nausea, vomiting and diarrhea are most common when you first start RYBELSUS®.

Talk to your healthcare provider about any side effect that bothers you or does not go away. These are not all the possible side effects of RYBELSUS®.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store RYBELSUS®?

- Store RYBELSUS® at room temperature between 68°F and 77°F (20°C to 25°C).
- Store in a dry place away from moisture.
- Store tablets in the original closed RYBELSUS® bottle until you are ready to take one. Do not store in any other container.
- **Keep RYBELSUS® and all medicines out of the reach of children.**

Revised: 04/2021

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Is Grilled Meat Bad for You?

By Donavyn Coffey

WHAT ABOUT VEGGIES?

Charred parts of grilled produce may develop PAHs, but it's considered even less of an issue than with meat. For recipes go to *eatingwell.com/grilledveg*

Grilling may be a summertime staple, but there are health concerns associated with firing up the BBQ. Namely: cancer risk. The worry stems from the discovery that barbecued meats can form two chemicals—heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs)—which have been shown in lab studies to alter DNA in a way that increases the odds of developing various forms of the disease—including breast cancer. The first, HCAs, are found in the char on meats cooked over an open flame. (High temps create a reaction between amino acids, sugars and creatine in muscle.) PAHs occur when fat drippings fall onto hot coals or heating elements and create smoke—which then rises up, causing the chemical to cling to your food. Some human studies have found an association too. A meta-analysis published in the journal *Nutrients* showed that the more HCAs and PAHs participants ate over time, the higher their risk for colorectal adenoma—the benign precursor to colorectal cancer.

But the National Cancer Institute points out that human studies have been mixed, and no definitive link between exposure to PAHs and HCAs from grilled meat and cancer has been established. That's in part because the amount of these chemicals you might consume from a piece of barbecued chicken or seared steak is "1,000-fold lower than what animals are exposed to in lab studies," says Cynthia Rider, Ph.D., an environmental toxicologist at the National Institute of Environmental Health Sciences Division of the National Toxicology Program. In these trials, scientists used high doses so that they were sure to see an effect—like a tumor—that they could study. So the levels are nowhere close to what would be in the food you eat.

However, diet is still considered the No. 1 source of PAHs among nonsmokers (cigarette smoke is also a major producer of these chemicals), says Diana Rohlman, Ph.D., a toxicologist at Oregon State University who studies PAHs in the air. But the good news, she adds, is that there are simple ways to minimize your exposure. Choosing leaner cuts of meat, for example, means less fat will drip down and create PAHs. Raising the grill grates farther above the flames, if you can, also reduces the formation of this chemical. Continually rotating the meat limits heat exposure and may decrease HCA formation, as well, according to the NCI. One way to reduce both PAH and HCA consumption from meat, Rohlman says, is to not eat any super-blackened spots, where these compounds are concentrated. Finally, there is some evidence that marinating your meat may help. A 2019 study in *Food Chemistry* found that marinating chicken wings in beer reduced the production of PAHs in the meat. Another 2020 trial showed marinades significantly limited the formation of HCAs. Researchers believe this is due to the antioxidant properties in marinades like these.

THE BOTTOM LINE: There's no hard evidence linking PAHs and HCAs on grilled meat with an increased cancer risk, though it can't hurt to take steps to minimize your exposure. And as with anything, moderation is key. Rider and Rohlman agree that if you grill one night, maybe lean on another cooking method for a couple of days. Now, where are those tongs?

ANDREW SCRIVANI

Enjoy the Sun, Not the Singe

By now, we all know the guidelines about sun safety: Seek shade during peak UV hours. Cover up. Apply a shot-glass worth of sunscreen ... and reapply. Yet it's so hard to comply. A 2020 study published in *Preventive Medicine* found that among the subset of adults who reported taking the most precautions in the sun, 22% still had at least one burn in the past year—and each additional hour of outdoor activity was associated with a 9% greater risk of sunburn, regardless of sunscreen use. So make sure you're truly covered. These products will help guard you from those harmful rays so you can get out there and soak up summer. ***By Rachel Stearns***

GREEN PICK

Raw Elements Face + Body Sunscreen
This broad-spectrum, water-resistant sunscreen contains no oxybenzone or other chemicals that harm coral reefs when other sunscreens wash off in the ocean. Like most mineral SPFs, it takes a little more effort to rub in, but we don't mind the tradeoff; the formula is less irritating to the skin and eyes than traditional ones. And it comes in a handy, eco-friendly tin. ($19, *rawelementsusa.com*)

Bolden Brightening Moisturizer
Some moisturizer-SPF combos leave a chalky cast on your face that is especially visible on darker skin tones, but this one—from the Black women-owned skincare company Bolden—was created to blend in seamlessly to all skin colors. It also has vitamin C to brighten and diminish the appearance of fine lines, and hydrating, inflammation-reducing safflower oil. ($28, *boldenusa.com*)

EOS The Guardian Lip Balm
This mineral SPF swipes on smoothly thanks to a combo of beeswax, shea butter and jojoba seed oil. Zinc oxide protects your pout without chemicals or that annoying white tint. And the scents—watermelon or coconut—scream summer. If only everything about sun protection were this sweet. Now, to the popsicle stand! ($3, *target.com*)

Sunski Dipsea Polarized Sunglasses
The San Francisco-based company that makes these effortlessly chic sunglasses uses recycled plastic for its lightweight frames. They come in several colors, cost less than many shades of this caliber and the polarized lenses provide 100% full-spectrum UV protection—which means less glare while, say, gazing out at the water from the boat deck. Eye-eye, Captain! ($58, *sunski.com*)

Neutrogena MicroMist Airbrush Sunless Tan
No tan is a healthy tan—unless, of course, that glow is faux. And yes, there are all sorts of self-tanners out there, but we turn to this classic again and again because it has a fine mist that distributes evenly for foolproof results. (No weird dark spots.) Plus, it dries in minutes and doesn't need to be rubbed in, so you can get back to your life sipping lemonade by the pool. ($11, *neutrogena.com*)

Coola Scalp & Hair Organic Sunscreen Mist
How many times have you left the beach with sand between your toes—and a sunburned scalp too? (To be fair, who thinks to SPF their part?) Spritz on Coola's hair and scalp sunscreen mist and you'll never make this oh-so-painful mistake again. The light, water-resistant spray won't leave hair greasy and it prevents tangles and color fade from UV rays. ($26, *coola.com*)

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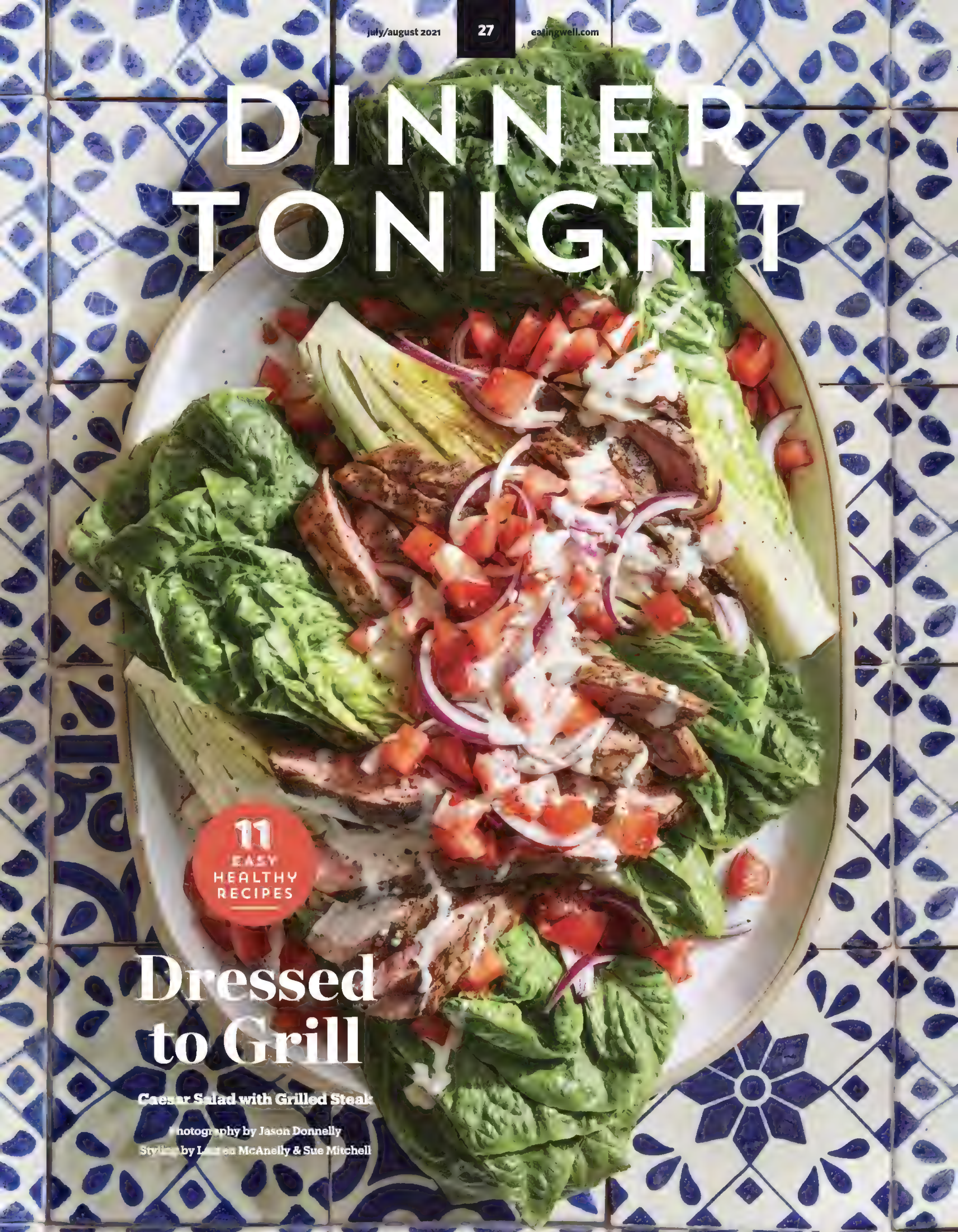
CHEESE WISELY

DINNER TONIGHT



11 EASY HEALTHY RECIPES

Dressed to Grill

Caesar Salad with Grilled Steak

Photography by Jason Donnelly

Styling by Lauren McAnelly & Sue Mitchell

Caesar Salad with Grilled Steak

ACTIVE: 30 min **TOTAL:** 30 min

Traditional Caesar dressing uses egg yolk to make it creamy. Here we use mayo instead for the same rich results without the raw egg.

(Photo: page 27.)

- **¼ cup mayonnaise**
- **2 tablespoons lemon juice**
- **2 tablespoons extra-virgin olive oil**
- **1 teaspoon Dijon mustard**
- **1 teaspoon anchovy paste**
- **1 small clove garlic, grated**
- **½ teaspoon ground pepper, divided**
- **2 tablespoons grated Parmesan cheese**
- **1 pound flank *or* sirloin steak (about 1¼ inches thick), trimmed**
- **¼ teaspoon salt plus a pinch, divided**
- **1 large tomato, chopped**
- **½ cup thinly sliced red onion**
- **1 large head romaine lettuce, cut lengthwise into quarters**

1. Preheat grill to medium.

2. Whisk mayonnaise, lemon juice, oil, mustard, anchovy paste, garlic and ¼ teaspoon pepper in a small bowl. Stir in Parmesan. Set aside.

3. Sprinkle both sides of steak with ¼ teaspoon salt and the remaining ¼ teaspoon pepper.

4. Oil the grill rack. Grill the steak, flipping once, until an instant-read thermometer inserted in the thickest part registers 125°F for medium-rare, about 10 minutes. Transfer to a clean cutting board and let rest for 5 minutes. Slice the steak against the grain.

5. Meanwhile, toss tomato, onion and the remaining pinch of salt in a medium bowl. Arrange romaine on a platter and top with the tomato mixture and the steak. Drizzle with the reserved dressing and serve with lemon wedges, if desired.

SERVES 4: 3 oz. steak, 1 romaine wedge & 2½ Tbsp. dressing each

Cal 370 **Fat** 26g (sat 6g) **Chol** 73mg **Carbs** 9g **Total sugars** 4g (added 0g) **Protein** 26g **Fiber** 4g **Sodium** 492mg **Potassium** 753mg.

Scan with your phone's camera for more Caesar salad recipes.

RECIPE BY CAROLYN CASNER

Maple-&-Tamarind-Glazed Spatchcock Chicken

ACTIVE: 15 min **TOTAL:** 1 hr 20 min

Removing the backbone from a whole chicken and flattening it—aka spatchcocking—helps it to roast in about half the time. Serve with grilled seasonal vegetables.

- **1 4-pound whole chicken, giblets removed**
- **¾ teaspoon salt, divided**
- **2 tablespoons pure maple syrup**
- **1 teaspoon ancho chile powder**
- **1 teaspoon tamarind paste *or* concentrate *(see Tip, page 96)* *or* lime juice**
- **½ teaspoon garlic powder**

1. Position rack in lower third of oven; preheat to 475°F. Line a rimmed baking sheet with foil and place a wire rack on top; coat with cooking spray.

2. Thoroughly pat chicken dry with paper towels. Place breast-side down on a cutting board. Using kitchen shears, make a long cut along both sides of the backbone and remove it. Flip the chicken over. Using the heels of both hands, firmly press down on each breast to flatten the chicken as much as possible.

3. Loosen the skin over the breast and thigh meat and season under it with ½ teaspoon salt. Sprinkle ¼ teaspoon salt over the skin. Transfer the chicken to the prepared rack, breast-side up.

4. Roast until an instant-read thermometer inserted in the thickest part of the breast registers 155°F, 45 to 55 minutes.

5. Whisk maple syrup, chile powder, tamarind (or lime juice) and garlic powder in a small bowl. Brush the chicken with the mixture. Continue roasting until the chicken reaches 165° and the glaze sets, about 5 minutes more. Let stand for 10 minutes before carving.

SERVES 6: 4 oz. chicken each

Cal 366 **Fat** 20g (sat 5g) **Chol** 127mg **Carbs** 5g **Total sugars** 4g (added 4g) **Protein** 39g **Fiber** 0g **Sodium** 423mg **Potassium** 347mg.

BLAINE MOATS; STYLING: SUE HOSS (FOOD), SUE MITCHELL (PROPS)

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Egg-in-a-Hole Fried Quinoa

ACTIVE: 25 min **TOTAL:** 25 min

We used quinoa to bump up the fiber and protein in this stir-fry-inspired dish. Rather than making an omelet or stirring in the eggs as you would for fried rice, we cook them in divots right in the veggie-filled quinoa for a fun presentation. Opt for a flat skillet over a wok so you have plenty of room to nestle in the eggs.

- **3 tablespoons peanut *or* canola oil, divided**
- **3 scallions, thinly sliced, plus more for serving**
- **1 tablespoon minced fresh garlic**
- **1 tablespoon minced fresh ginger**
- **2 cups green beans, trimmed and cut into ½-inch pieces**
- **1 small yellow squash, diced**
- **1 small zucchini, diced**
- **2 cups cold cooked quinoa *(see Tip, page 101)***
- **3 tablespoons oyster sauce, preferably vegetarian**
- **4 large eggs**
- **1 tablespoon toasted sesame oil**

1. Heat 2 tablespoons peanut (or canola) oil in a large cast-iron or non-stick skillet over medium-high heat. Add scallions, garlic and ginger. Cook, stirring, for 20 seconds. Add green beans, squash and zucchini. Cook, stirring, until the vegetables are tender, about 2 minutes. Add quinoa, the remaining 1 tablespoon peanut (or canola) oil and oyster sauce. Cook, stirring, until the quinoa is hot, 2 to 3 minutes.

2. Make 4 indentations in the quinoa mixture and crack an egg into each one. Cover the pan and cook until the egg whites are just barely set, about 3 minutes. Serve drizzled with sesame oil and sprinkled with more scallions, if desired.

SERVES 4: 2 cups fried quinoa & 1 egg each
Cal 342 **Fat** 20g (sat 4g) **Chol** 186mg
Carbs 29g **Total sugars** 4g (added 0g)
Protein 13g **Fiber** 5g **Sodium** 455mg
Potassium 541mg.

YOU COULD ALSO TRY EGG-IN-A-WHOLE LOT OF OUR SAUSAGE. JUST SAYING.

EGGS ARE BETTER WITH

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OKRA DOKEY

Okra is a high-fiber veggie that makes the list of recommended foods for heart-healthy diets. Its viscous soluble fiber packs strong cholesterol- and blood-sugar-lowering properties.

Grilled Snapper & Okra with Spicy Tartar Sauce

ACTIVE: 40 min **TOTAL:** 40 min

EQUIPMENT: Four 12-inch skewers

Meaty snapper holds up well on the grill, but any firm white fish will work well in its place. Look for U.S. red snapper caught in the Gulf of Mexico for the most sustainable option according to Seafood Watch. Serve with a cold pale ale or lager.

- ¼ cup mayonnaise
- 2 tablespoons chopped pickled jalapeños
- 2 teaspoons whole-grain mustard
- 1 teaspoon grated lime zest
- 1 teaspoon lime juice
- 4½ teaspoons chili powder, divided
- 1 teaspoon ground coriander
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper
- 1¼ pounds red snapper fillet, cut into 4 portions and patted dry
- Cooking spray
- 1 pound okra
- 1 tablespoon canola oil

1. Preheat grill to medium-high.

2. Combine mayonnaise, jalapeños, mustard and lime juice in a small bowl and set aside.

3. Combine lime zest, 4 teaspoons chili powder, coriander, ⅛ teaspoon salt and pepper in a shallow bowl. Dredge fish with the spice mixture and coat with cooking spray. Toss okra with oil and the remaining ½ teaspoon chili powder and ⅛ teaspoon salt. Thread the okra crosswise onto four 12-inch bamboo or metal skewers.

4. Oil the grill rack. Grill the okra, flipping once halfway, until softened and charred in spots, 4 to 6 minutes. Grill the fish, flipping once halfway, until the flesh is opaque, 4 to 5 minutes. Serve with the reserved sauce.

SERVES 4: 4 oz. fish, 1 cup okra & 1½ Tbsp. sauce each

Cal 317 **Fat** 17g (sat 2g) **Chol** 58mg **Carbs** 9g **Total sugars** 2g (added 0g) **Protein** 32g **Fiber** 5g **Sodium** 505mg **Potassium** 949mg.

RECIPE BY HILARY MEYER

Parmesan-Rosemary Zucchini Fries

ACTIVE: 20 min **TOTAL:** 45 min

These fries are great as an appetizer with a dipping sauce, such as ranch dressing or marinara sauce, or alongside just about anything from burgers to fish.

- Olive oil cooking spray
- ⅓ cup all-purpose flour
- 3 large egg whites
- 1 tablespoon water
- 1 cup panko breadcrumbs, preferably whole-wheat
- ¼ cup grated Parmesan cheese
- 2 teaspoons chopped fresh rosemary
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1 pound zucchini *and/or* summer squash (about 2 medium), cut into ½-by 4-inch sticks

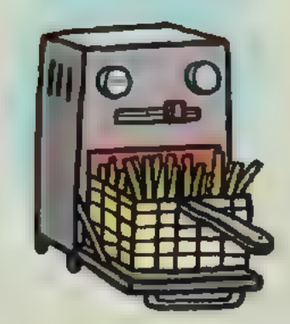
1. Preheat oven to 425°F. Line a rimmed baking sheet with foil. Place a wire rack on top and coat with cooking spray. *(Or to air-fry, see Tip.)*

2. Place flour in a shallow dish. Whisk egg whites and water in another shallow dish until foamy. Combine breadcrumbs, Parmesan, rosemary, salt and pepper in a third shallow dish. Working in batches, toss zucchini (or summer squash) in the flour to coat. Dip in the egg white, shaking off the excess. Toss in the breadcrumb mixture, pressing to adhere. Transfer to the wire rack, spacing the fries close together without touching. Coat the fries with cooking spray.

3. Bake until golden and crispy, flipping once halfway, 20 to 25 minutes. Serve immediately.

SERVES 4: ¾ cup each

Cal 110 **Fat** 2g (sat 1g) **Chol** 4mg **Carbs** 16g **Total sugars** 3g (added 0g) **Protein** 7g **Fiber** 2g **Sodium** 403mg **Potassium** 335mg.



Have an Air Fryer?

Coat the air-fryer basket with cooking spray. Bread the fries as directed in Step 2, placing them in the basket. Coat the fries with cooking spray. Cook, in batches if necessary, at 360°F, flipping halfway, until golden and crispy, 10 to 12 minutes.

Marinated Charred Green Beans

ACTIVE: 20 min **TOTAL:** 30 min

EQUIPMENT: Grill basket

Grilling green beans before tossing them in the marinade softens them up, helping them to absorb more of the flavor. Serve them as is or toss into a green salad.

- 3 tablespoons extra-virgin olive oil
- 3 tablespoons white-wine vinegar
- 1 clove garlic, grated
- 1 tablespoon finely chopped fresh oregano
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 12 ounces green beans, trimmed

1. Preheat grill to medium-high.

2. Whisk oil, vinegar, garlic, oregano, cumin, salt and pepper in a large bowl.

3. Place beans in a grill basket. Grill, stirring occasionally, until slightly charred and tender, 10 to 12 minutes. Transfer to the bowl and toss to coat with the dressing. Let stand at room temperature for 10 minutes before serving.

SERVES 4: about ½ cup each

Cal 125 **Fat** 11g (sat 2g) **Chol** 0mg **Carbs** 7g **Total sugars** 3g (added 0g) **Protein** 2g **Fiber** 2g **Sodium** 297mg **Potassium** 197mg.

RECIPES BY HILARY MEYER, ADAM DOLGE; ILLUSTRATION BY AARON MESHON

Arugula, Chicken & Melon Salad with Sumac Dressing

ACTIVE: 20 min **TOTAL:** 20 min
EQUIPMENT: Melon baller

Sweet and savory find harmony in this salad dotted with ripe melon and tossed in a lemony dressing. Melon balls are so adorable but making them leaves some fruit behind—whir up those leftovers into a smoothie.

- **¼ cup lemon juice**
- **1 teaspoon ground sumac *(see Tip)*, plus more for garnish**
- **1 teaspoon honey**
- **1 clove garlic, grated**
- **¼ teaspoon salt**
- **¼ cup extra-virgin olive oil**
- **5 ounces baby arugula (8 cups)**
- **2 cups shredded cooked chicken breast (about 12 ounces)**
- **2 cups cantaloupe balls (from 1 small melon)**
- **4 ounces feta cheese, preferably sheep's-milk, crumbled**
- **1 cup fresh mint leaves, torn**
- **¼ cup pine nuts, toasted**

Whisk lemon juice, sumac, honey, garlic and salt in a large bowl. Gradually whisk in oil until combined. Add arugula, chicken, melon, feta and mint. Toss to coat with the dressing. Sprinkle with pine nuts and garnish with additional sumac, if desired.

SERVES 4: 2½ cups each
Cal 453 **Fat** 29g (sat 7g) **Chol** 108mg **Carbs** 15g **Total sugars** 10g (added 1g) **Protein** 33g **Fiber** 3g **Sodium** 489mg **Potassium** 959mg.

BRIGHT & TANGY

Sumac comes from the tart red berries of the Mediterranean sumac bush. It adds sour, fruity flavor and a pop of color to this dressing. Find it in the spice section of well-stocked grocery stores or online.

ILLUSTRATION BY EMMA DIBBEN; RECIPE BY HILARY MEYER

Chicken Cutlets with Garlicky Tomato Sauce

ACTIVE: 20 min **TOTAL:** 20 min

Here, we cook down cherry tomatoes with a little wine until they burst and become jammy—making a luscious sauce to pair with chicken. A pinch of sugar at the end balances the sauce's acidity.

- **1 pound chicken cutlets**
- **½ teaspoon salt, divided**
- **¼ teaspoon ground pepper**
- **1 tablespoon extra-virgin olive oil**
- **1 10-ounce package cherry *or* grape tomatoes, halved**
- **½ cup dry white wine**
- **3 large cloves garlic, grated**
- **¼ cup chopped fresh parsley**
- **1 tablespoon finely chopped fresh sage**
- **1 tablespoon butter**
- **Pinch of granulated sugar**

1. Sprinkle chicken with ¼ teaspoon salt and pepper. Heat oil in a large skillet over medium heat. Add the chicken and cook, flipping once, until browned and an instant-read thermometer inserted in the thickest part registers 165°F, 4 to 5 minutes per side. Transfer to a serving plate.

2. Add tomatoes, wine, garlic and the remaining ¼ teaspoon salt to the pan. Increase heat to medium-high and cook, stirring, until the liquid has thickened and the tomatoes have burst, about 3 minutes. Remove from heat and stir in parsley, sage, butter and sugar. Serve over the chicken.

SERVES 4: 3 oz. chicken & ¼ cup sauce each
Cal 220 **Fat** 9g (sat 3g) **Chol** 70mg **Carbs** 5g **Total sugars** 2g (added 0g) **Protein** 24g **Fiber** 1g **Sodium** 353mg **Potassium** 395mg.

RECIPE BY CAROLYN CASNER

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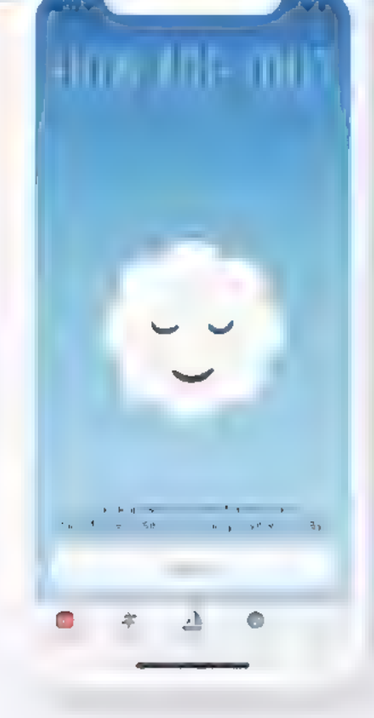
7:32 pm – Relaxed
9:47 pm – Neutral
12:03 am – Exhausted
2:26 am – Insomnia
7:10 am – Grounded
8:14 am – Joyful



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Black Pepper Steak with Sour Cherry Sauce

ACTIVE: 25 min **TOTAL:** 25 min

EQUIPMENT: Clean spice grinder or mortar and pestle

Celebrate the fleeting season of sour cherries with this dinner for two. Just add rice, roasted broccoli and a glass of red wine. We like the 2019 Lioco 'Indica' Red Table Wine, Mendocino, CA ($23)—its berry-jam aroma complements the cherries.

- **3 teaspoons grapeseed oil, divided**
- **1 medium shallot, minced**
- **½ cup sour cherries *(see Tip)*, pitted, thawed if frozen**
- **1 tablespoon brandy**
- **2 teaspoons whole-grain mustard**
- **½ cup red-wine vinegar**
- **1 tablespoon butter**
- **2 teaspoons honey**
- **1 teaspoon chopped fresh tarragon, plus more for garnish**
- **1 teaspoon fennel seeds**
- **½ teaspoon whole black peppercorns**
- **Pinch of crushed red pepper**
- **¼ teaspoon salt, divided**
- **8 ounces strip steak, trimmed**

1. Heat 1½ teaspoons oil in a small saucepan over medium heat. Add shallot and cook until softened, about 3 minutes. Add cherries, brandy and mustard and cook for 1 minute. Stir in vinegar and bring to a simmer. Cook until the mixture is reduced by half, about 5 minutes. Remove from heat and stir in butter, honey and tarragon. Cover to keep warm.

2. Grind fennel seeds, peppercorns and crushed red pepper in a spice grinder or with a mortar and pestle. Sprinkle the mixture and ⅛ teaspoon salt on steak.

3. Heat the remaining 1½ teaspoons oil in a medium skillet over medium-high heat. Cook the steak, flipping occasionally, until an instant-read thermometer inserted in the thickest part registers 125°F for medium-rare, 8 to 10 minutes. Transfer to a clean cutting board and let rest for 5 minutes.

4. Sprinkle the steak with the remaining ⅛ teaspoon salt and slice. Serve with the sauce and garnish with more tarragon, if desired.

SERVES 2: 3 oz. steak & 2½ Tbsp. sauce each
Cal 349 **Fat** 18g (sat 6g) **Chol** 89mg **Carbs** 16g **Total sugars** 11g (added 6g) **Protein** 25g **Fiber** 2g **Sodium** 471mg **Potassium** 513mg.

ILLUSTRATION BY EMMA DIBBEN; RECIPE BY ADAM DOLGE

PUCKER UP

Eating bright red sour cherries may help you sleep better, reduce soreness after a workout, lower blood pressure and reduce stroke risk. The tart fruits are highly perishable, so snap them up when you find them and use or freeze them right away.

Scan with your phone's camera for pantry dinners with just 3 ingredients!

Salmon Cakes

ACTIVE: 30 min **TOTAL:** 30 min

Shredded potatoes, in lieu of breadcrumbs, give these salmon cakes structure while salty capers add tanginess. Serve on a bed of lightly dressed mixed greens.

- **1½ cups frozen hash browns, thawed**
- **1 7-ounce can wild salmon, drained, picked over and flaked**
- **1 large egg white**
- **1 tablespoon mayonnaise**
- **2 teaspoons capers, rinsed and coarsely chopped**
- **1 scallion, trimmed and thinly sliced**
- **Pinch of ground pepper**
- **1 tablespoon extra-virgin olive oil**

1. Preheat oven to 450°F.

2. Mash hash browns with a fork in a large bowl until they begin to hold together. Add salmon, egg white, mayonnaise, capers, scallion and pepper. Shape the mixture into 4 cakes, each about ½ inch thick.

3. Heat oil in a large ovenproof nonstick skillet over medium heat. Add the cakes and cook until browned on the bottom, 4 to 5 minutes. Carefully flip them and transfer the pan to the oven. Bake the cakes until hot and golden brown on the bottom, 5 to 7 minutes.

SERVES 2: 2 cakes each

Cal 354 **Fat** 14g (sat 2g) **Chol** 37mg **Carbs** 29g **Total sugars** 0g (added 0g) **Protein** 28g **Fiber** 3g **Sodium** 496mg **Potassium** 500mg.

INGREDIENTS

2 ears corn-on-the-cob, cut into 8 pieces
2 bell peppers (red and yellow)
1/2 red onion, cut into chunks
1/2 zucchini, sliced
5 jalapeno peppers
5 wooden skewers, soaked in water 15 minutes
4 Tbsp. Hellmann's® Vegan Dressing and Spread
1/4 tsp. salt
1/8 tsp. pepper
1/8 tsp. paprika

METHOD

1. Alternately skewer corn, bell peppers, onion and zucchini on 4 skewers. Skewer jalapeno peppers on 1 skewer. Brush with 2 Tbsp. Hellmann's® Vegan Dressing and Spread and sprinkle with salt, pepper and paprika.

2. Grill or broil, turning once until vegetables are tender, about 15 minutes. Serve with remaining 2 Tbsp. Hellmann's® Vegan Dressing and Spread.

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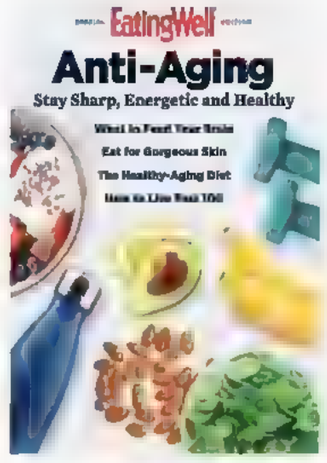

EATINGWELL ANTI-AGING

Research shows that diet—and other lifestyle factors—can play a big role in keeping you sharp, energetic and youthful. This special edition explores how to stave off chronic diseases for a long, healthy life. Plus, it includes simple diet and lifestyle tweaks that can add a youthful glow to your skin.

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Visit **Promo.EatingWell.com** for information on events and special offers.

Out of the Shell

Mild-tasting scallops are a good entry point to shellfish. Here's what to know. **By Joy Howard**

Bay vs. Sea
As their names suggest, small bay scallops are found in shallow waters whereas large sea scallops are found deeper in the ocean. The larger version is best for skewering and grilling.

About That Shell
Scallops expel water from their shells by quickly opening and closing them, propelling themselves through the water. This comes in handy when trying to escape their biggest underwater predator—starfish!

Eco-Friendly Eat
All scallops get a Best Choice or Good Alternative rating from SeafoodWatch.org. Farmed scallops are the most sustainable; look for Marine Stewardship Council certification on wild scallops to ensure they're harvested using eco-friendly practices.

JOY SAYS
If seafood is still a no-go with your kids, serve the gazpacho with grilled chicken instead.

JOE ST PIERRE

Gazpacho with Scallop Brochettes

ACTIVE: 40 min **TOTAL:** 40 min

TO MAKE AHEAD: Refrigerate gazpacho (Step 1) for up to 2 days.

EQUIPMENT: Eight 6-inch skewers

We give this classic summer soup a protein-packed upgrade by pairing it with skewers of grilled scallops seasoned with citrusy compound butter. Make a little extra to spread on grilled bread to serve alongside.

- **5 cups chopped tomatoes (about 5 medium)**
- **1½ cups chopped bell pepper**
- **1½ cups chopped English cucumber**
- **½ cup chopped red onion**
- **¼ cup chopped fresh cilantro**
- **2 cloves garlic, sliced**
- **2 tablespoons red-wine vinegar**
- **¼ teaspoon salt**
- **½ teaspoon ground pepper plus ⅛ teaspoon, divided**
- **1 cup cubed whole-wheat country bread (crust removed)**
- **2 tablespoons extra-virgin olive oil**
- **1¼ pounds dry sea scallops *(see Tip, page 101)*, tough side muscle removed**
- **2 tablespoons unsalted butter, softened**
- **½ teaspoon grated lime zest**

1. KIDS DO Combine tomatoes, bell pepper, cucumber, onion, cilantro, garlic, vinegar, salt and ½ teaspoon pepper in a blender. Pulse until finely chopped. Transfer 1 cup of the mixture to a large bowl. Add bread and oil to the blender and blend until smooth. Transfer to the bowl, stir, cover and refrigerate for up to 2 days.

2. When ready to serve, preheat grill to medium-high.

3. Thread scallops onto 8 skewers. Season with the remaining ⅛ teaspoon pepper. Grill, flipping once, until opaque in the center, about 5 minutes.

4. KIDS DO Combine butter and lime zest in a small bowl and brush the hot scallops with the mixture. Serve the gazpacho with the scallops.

SERVES 4: 1¼ cups gazpacho & 4 oz. scallops each **Cal** 313 **Fat** 14g (sat 5g) **Chol** 49mg **Carbs** 24g **Total sugars** 9g (added 0g) **Protein** 21g **Fiber** 5g **Sodium** 763mg **Potassium** 877mg.

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SUMMER TABLE

7 IDEAS TO CELEBRATE THE SEASON

Cup Full of Sunshine

Keep outdoor summer festivities cool with these Pineapple Kombucha Mai Tais. Turn the page for the recipe.

Photography by Johnny Autry
Styling by Charlotte Autry

MEET KATE

Lifestyle blogger and cookbook author **Kate Bowler** offers fun, easy ideas to mix up these recipes for your summer table. For instance, when serving these mai tais on a hot day, she'll make ice cubes with pineapple juice to prevent the drinks from getting watered down. **@domestikateblog**

Pineapple Kombucha Mai Tai

ACTIVE TOTAL

EQUIPMENT Cocktail shaker

This tropical cocktail gets a light spritz from pineapple kombucha. Almond extract replaces the orgeat almond syrup traditionally found in a mai tai to reduce the sugar while maintaining the flavor.

- Ice cubes
- 2 ounces pineapple juice
- ½ ounce lime juice
- 1½ ounces light rum
- ½ ounce triple sec
- ¼ teaspoon almond extract
- 2 ounces pineapple kombucha
- ¼ teaspoon grenadine
- Pineapple slices for garnish

Fill a cocktail shaker with ice. Add pineapple juice, lime juice, rum, triple sec and almond extract. Shake then strain into a tall ice-filled glass. Top with kombucha, then grenadine. Garnish with a pineapple slice if desired.

SERVES 1

Cal 195 Fat 0g (sat 0g) Chol 0mg Carbs 18g
Total sugars 0g (added 0g) Protein 0g Fiber 0g
Sodium 3mg Potassium 121mg

Grilled Shrimp Boil Packets

ACTIVE: 20 min **TOTAL:** 40 min
EQUIPMENT: Heavy-duty foil

Here, we put all the components of a classic shrimp boil into foil packets for cute, individually portioned meals. Be sure to choose extra-large, shell-on shrimp, which stay plump and juicy during the 15 to 20 minutes on the grill.

- **1 pound baby red potatoes, cut into 1-inch pieces**
- **2 ears corn, husked and cut into 4 pieces**
- **1 pound unpeeled raw shrimp (16-20 per pound)**
- **2 ounces andouille sausage, cut into 8 slices**
- **4 cloves garlic, crushed and peeled**
- **2 tablespoons canola oil**
- **2 teaspoons Old Bay seasoning**
- **1 lemon, quartered**
- **4 tablespoons melted butter**
- **Sliced scallion for garnish**

1. Preheat grill to medium-high. Cut four 12-inch lengths of heavy-duty foil.
2. Divide potatoes, corn, shrimp, sausage and garlic among the foil pieces. Drizzle with oil and sprinkle with Old Bay. Gently toss to coat. Top each with a lemon wedge. Gather the long edges of the foil and crimp, then fold up the ends to make packets.
3. Grill the packets until the potatoes are tender and the shrimp are pink, 15 to 20 minutes. Serve with melted butter and garnish with scallion, if desired.

SERVES 4: 1 packet & 1 Tbsp. butter each
Cal 414 **Fat** 23g (sat 9g) **Chol** 200mg **Carbs** 32g **Total sugars** 5g (added 0g) **Protein** 27g **Fiber** 4g **Sodium** 582mg **Potassium** 969mg.

RECIPE BY DEVON O'BRIEN
OPPOSITE: RECIPE BY LAURA KANYA; INSET: MADELINE HEISING PHOTOGRAPHY

Caramelized Leek Dip

ACTIVE: 40 min TOTAL: 40 min
TO MAKE AHEAD: Refrigerate for up to 2 days.
Caramelized leeks, fresh scallions and chives give this French-onion-inspired dip a triple hit of allium flavor. Serve with crudités and potato chips.

- 2 tablespoons extra-virgin olive oil
- 3 medium leeks, white & light green parts only, finely diced
- 1 tablespoon white wine
- ½ cup low-fat plain yogurt
- ¼ cup mayonnaise
- 2 scallions, thinly sliced
- 2 tablespoons chopped fresh chives
- 1 teaspoon lemon juice
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

1. Heat oil in a large skillet over low heat. Add leeks and cook, stirring occasionally, until tender and golden, 20 to 25 minutes. Add wine, stirring to scrape up any browned bits. Remove from heat and let cool for 5 minutes.
2. Meanwhile, combine yogurt, mayonnaise, scallions, chives, lemon juice, cayenne, salt and pepper. Stir in the cooled leeks.

SERVES 16 (2 Tbsp. each)
Cal 104 Fat 9g (sat 2g) Chol 5mg Carbs 3g
Total sugars 2g (added 0g) Protein 1g Fiber 0g
Sodium 114mg Potassium 67mg

KATE'S TIP
To give this dip a plant-based makeover, swap in Follow Your Heart's® Vegenaise® and Dairy-Free Yogurt. No one will ever guess it's vegan!

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Cheddar-Jalapeño Tomatoes

ACTIVE: 15 min **TOTAL:** 15 min

Give at-their-peak summer tomatoes a Tex-Mex spin with this simple, melty topping.

- **¾ cup shredded Cheddar cheese**
- **2 tablespoons chopped pickled jalapeños**
- **4 large tomatoes, stemmed and halved horizontally**
- **¼ teaspoon salt**
- **Chopped fresh cilantro for garnish**

1. Position rack in upper third of oven; preheat broiler to high. Line a baking sheet with foil.
2. Combine cheese and jalapeños in a small bowl. Place tomato halves, cut-side up, on the prepared pan and sprinkle with salt. Top with the cheese mixture. Broil the tomatoes until the cheese is melted and lightly browned, 2 to 3 minutes. Garnish with cilantro, if desired.

SERVES 8: 1 tomato half each
Cal 60 **Fat** 4g (sat 2g) **Chol** 10mg **Carbs** 4g **Total sugars** 2g (added 0g) **Protein** 3g **Fiber** 1g **Sodium** 169mg **Potassium** 224mg.

KATE'S TIP
Use convenient Kraft Shredded Sharp Cheddar Natural Cheese to make prep work even easier. Less time in the kitchen means more time with family.

SPONSORED BY KRAFT

RECIPE BY DEVON O'BRIEN

Broccoli? What broccoli?

Kraft For the win win

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Grilled Sausage, Peppers & Onions with Herb Vinaigrette

ACTIVE: 30 min **TOTAL:** 30 min

Adding a bright parsley-tarragon vinaigrette brings fresh flair to sausage and peppers. Serve with some crusty bread to sop it all up.

2 large bell peppers, seeded and quartered
2 large red onions, cut into wedges
3 cloves garlic, grated, divided
1 teaspoon ground fennel seed
2 tablespoons extra-virgin olive oil, divided
1 pound sweet *or* hot Italian sausage links
1 bunch scallions, trimmed
¼ cup chopped fresh parsley, plus more for garnish
1 tablespoon chopped fresh tarragon, plus more for garnish
1 tablespoon red-wine vinegar
Pinch of salt

1. Preheat grill to medium-high.

2. Toss peppers, onions, half the garlic and fennel seed with 1 tablespoon oil in a large bowl.

3. Oil the grill rack. Grill the peppers and onions, sausage and scallions, turning occasionally, until the vegetables are tender and slightly charred and an instant-read thermometer inserted in the sausage registers 165°F, about 4 minutes for the scallions, 8 minutes for the sausage and 10 to 12 minutes for the peppers and onions. Transfer to a clean cutting board. Slice the vegetables and sausage into 2-inch pieces.

4. Whisk the remaining 1 tablespoon oil and garlic with parsley, tarragon, vinegar and salt in a medium bowl. Add the vegetables and toss to coat. Serve the vegetables with the sausage, topped with more parsley and tarragon, if desired.

SERVES 4: 1½ cups each
Cal 291 **Fat** 17g (sat 5g) **Chol** 34mg **Carbs** 15g **Total sugars** 6g (added 0g) **Protein** 20g **Fiber** 3g **Sodium** 693mg **Potassium** 513mg.

RECIPE BY ADAM DOLGE

Peach Cobbler with Ginger Biscuits

ACTIVE: 30 min **TOTAL:** 55 min

If you don't have a 2-inch round biscuit or cookie cutter, you can use a narrow drinking glass to cut the biscuit dough. Just dip the rim in flour first to prevent sticking.

FILLING

- **5 cups sliced firm ripe peaches (about 2 pounds)**
- **¼ cup granulated sugar**
- **1 tablespoon grated lemon zest**
- **2 teaspoons cornstarch**

BISCUITS

- **½ cup all-purpose flour**
- **½ cup whole-wheat pastry flour**
- **2 teaspoons granulated sugar**
- **1 teaspoon baking powder**
- **½ teaspoon baking soda**
- **¼ teaspoon salt**
- **2 tablespoons cold unsalted butter, cut into small pieces**
- **¼ cup finely chopped crystallized ginger**
- **6 tablespoons buttermilk plus 2 teaspoons, divided**
- **1 teaspoon turbinado sugar**

1. To prepare filling: Place a medium ovenproof skillet in the oven; preheat to 425°F.

2. Combine peaches, ¼ cup granulated sugar, lemon zest and cornstarch in a large bowl and stir gently. Carefully coat the pan (the handle will be hot) with cooking spray and add the peach mixture. Cover with foil. Bake until the peaches are starting to soften, about 15 minutes.

3. Meanwhile, prepare biscuits: Whisk all-purpose flour, pastry flour, granulated sugar, baking powder, baking soda and salt in a medium bowl. Using your fingertips, rub butter into the dry ingredients until crumbly. Stir in crystallized ginger. Make a well in the center and gradually pour in 6 tablespoons buttermilk, stirring with a fork, until just combined and no streaks of flour remain.

4. Transfer the dough to a lightly floured surface and sprinkle with a little flour. Gently knead the dough 8 times, then pat or roll out to an even ¾-inch thickness. Using a 2-inch biscuit or cookie cutter, cut the dough into rounds. Reroll the scraps and cut more rounds to make 8 total. Brush the tops with the remaining 2 teaspoons buttermilk and sprinkle with turbinado sugar.

5. Arrange the biscuits over the peaches. Bake, uncovered, until the biscuits are golden brown, about 15 minutes more. Let cool for about 15 minutes before serving.

SERVES 8: ¾ cup each

Cal 176 **Fat** 3g (sat 2g) **Chol** 8mg **Carbs** 34g **Total sugars** 20g (added 11g) **Protein** 3g **Fiber** 3g **Sodium** 222mg **Potassium** 214mg

JASON DONNELLY; RECIPE BY RACHEL STEARNS

Peanut Butter Crispy Rice Treats with Chocolate & Caramel Drizzle

ACTIVE: 30 min **TOTAL:** 1½ hrs
TO MAKE AHEAD: Refrigerate for up to 2 days.

Peanut butter and corn syrup replace the usual marshmallows in these bars—the combo delivers the sticky Rice Krispies Treats texture you know and love while providing another layer of flavor.

- **6 tablespoons unsalted butter, divided**
- **¾ cup light corn syrup or brown rice syrup**
- **¾ cup creamy natural peanut butter**
- **⅛ teaspoon salt**
- **5 cups crispy brown rice cereal**
- **3 ounces dark chocolate, chopped**
- **2 tablespoons prepared caramel sauce, warmed**
- **¼ cup unsalted dry-roasted peanuts, chopped**
- **¼ teaspoon flaky sea salt**

1. Coat an 8-inch-square baking dish with cooking spray.

2. Microwave 2 tablespoons butter in a large microwave-safe bowl on High until melted, about 30 seconds. Stir in syrup, peanut butter and salt. Microwave on High until the mixture is runny, 30 to 45 seconds. *(Alternatively, melt butter in a large saucepan over medium-low heat. Add syrup, peanut butter and salt. Stir to combine and cook until runny.)*

3. Stir the mixture, then add cereal and mix until combined. Transfer to the prepared baking dish and press into an even layer.

4. Place chocolate in a medium bowl. Melt the remaining 4 tablespoons butter. Pour over the chocolate and let stand until it is softened, about 2 minutes. Whisk until smooth. If necessary, microwave in 10-second intervals, stirring in between, until the chocolate is completely melted. Pour over the cereal mixture and spread evenly. Drizzle caramel sauce in 4 straight lines across the chocolate. Drag a toothpick across the lines to create a zigzag pattern. Sprinkle with peanuts and flaky salt.

5. Refrigerate until the topping is firm, about 1 hour. Cut into 16 squares.

SERVES 16: 1 square each
Cal 237 **Fat** 13g (sat 5g) **Chol** 12mg **Carbs** 25g **Total sugars** 16g (added 16g) **Protein** 4g **Fiber** 1g **Sodium** 110mg **Potassium** 53mg.

KATE'S TIP
Rich, buttery Torani Caramel Sauce complements the dark chocolate topping on these treats. Want even more flavor? Replace up to ¼ cup of the corn syrup with caramel.

SPONSORED BY TORANI

RECIPE BY RACHEL STEARNS

A STAND-UP SAUCE FOR STANDOUT DRINKS

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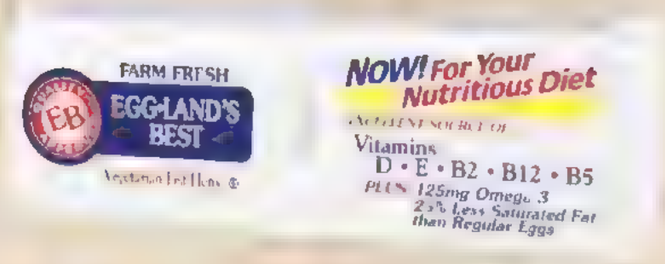


*Compared to ordinary eggs

GOOD FOOD FAST

GIVE YOURSELF A BREAK

Taco Dip with Tomato Wedges

You Say Tomato!

These fruits [botanical fact] are at their bountiful best right now. Turn for 5 surprising ways to snack on them.

[illegible] by Tad[illegible] Styling [illegible] Singley

Fresh Takes

These 10-minute snacks aren't your basic bruschetta. Slice and dice your tomato surplus into some next-level nibbles.

By Sara Haas, RDN

1 Taco Dip with Tomato Wedges
(photo: p.57) Mix ¼ cup whole-milk plain Greek yogurt, 1 tsp. lime juice and ¼ tsp. taco seasoning in a small bowl. Top with 2 Tbsp. shredded Cheddar cheese. Cut 1 large tomato into wedges for dipping.

2 Pesto & White Bean Stuffed Tomato
Cut a large tomato in half crosswise and hollow out the center. Fill with ¼ cup canned white beans (rinsed). Dollop with 2 tsp. pesto, sprinkle with a pinch of salt and garnish with fresh basil.

3 Tomato, Peach & Feta Salad
Mix 1 Tbsp. lime juice, ½ tsp. honey and a pinch of salt. Add 1 diced large tomato, ½ cup diced peach, 2 Tbsp. chopped unsalted dry-roasted pistachios and 1 Tbsp. crumbled feta cheese; toss to combine.

4 Tomato & Olive English Muffin Pizza
Top a toasted whole-wheat English muffin with 1 sliced small tomato, 1 Tbsp. sliced green olives, 2 Tbsp. shredded mozzarella cheese and ⅛ tsp. dried oregano. Broil until the cheese is melted.

5 Spicy Tomato & Seaweed Salad
Toss 1 diced large tomato, 1 sliced serrano pepper, 1 tsp. 50%-less-sodium tamari and ½ tsp. sesame oil. Garnish with 1 torn nori sheet and 2 Tbsp. canned chow mein noodles.

EACH SERVES 1
NUTRITION INFO: page 103

Mini Muffin Magic

This recipe works with just about any flavor mix-in you fancy—from fruits and veggies to chocolate chips and nuts. Make a batch to have for ready-to-eat snacks: Store in an airtight container at room temperature for up to 1 day or freeze for up to 3 months.

One-Bowl Whole-Wheat Mini Muffins

ACTIVE: 20 min **TOTAL:** 40 min

EQUIPMENT: 24-cup mini muffin tin

- **1 cup white whole-wheat flour *or* all-purpose flour**
- **⅓ cup granulated sugar**
- **½ teaspoon ground cinnamon**
- **½ teaspoon baking powder**
- **⅛ teaspoon baking soda**
- **⅛ teaspoon salt**
- **¾ cup unsweetened applesauce *or* low-fat plain yogurt**
- **1 large egg**
- **2 tablespoons canola oil**
- **½ teaspoon lemon zest**
- **½ teaspoon vanilla extract**
- **¾ cup mix-ins *(see below)***

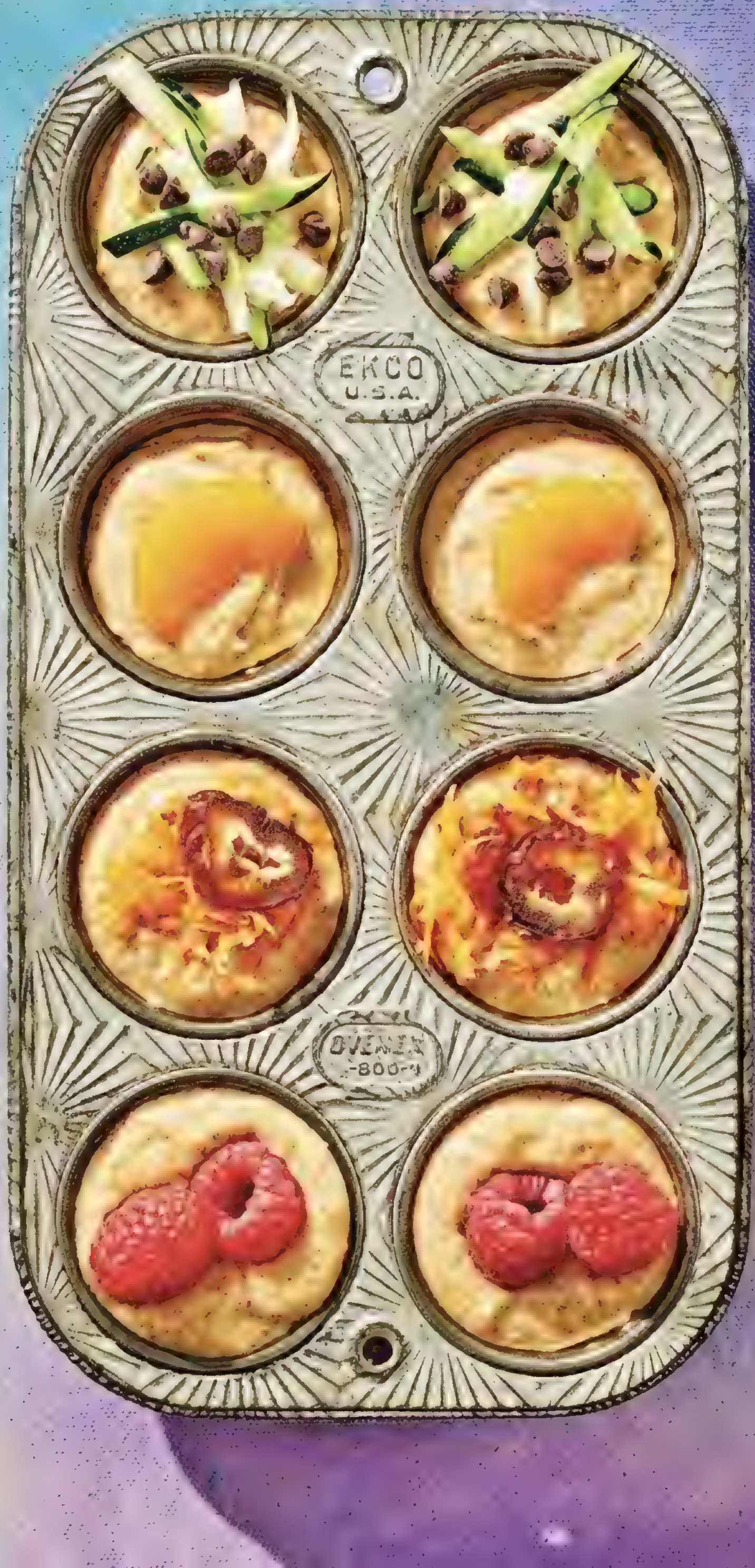
1. Preheat oven to 350°F. Coat a 24-cup mini muffin tin with cooking spray.
2. Whisk flour, sugar, cinnamon, baking powder, baking soda and salt in a large bowl. Make a well in the center and add applesauce (or yogurt), egg, oil, lemon zest and vanilla. Whisk the wet ingredients, then stir into the dry ingredients. Stir in mix-ins. Divide the batter among the muffin cups.
3. Bake the muffins until a toothpick inserted in the center comes out clean, 12 to 15 minutes. Cool in the pan on a wire rack for 5 minutes, then turn out to cool completely.

MAKES: 24 mini muffins (analysis per muffin with zucchini)

Cal 45 **Fat** 1g (sat 0g) **Chol** 8mg **Carbs** 8g **Total sugars** 4g (added 3g) **Protein** 1g **Fiber** 1g **Sodium** 32mg **Potassium** 26mg.

MIX-INS TO TRY

- Shredded zucchini or carrots
- Chopped fresh fruit
- Chopped nuts
- Seeds
- Mini chocolate chips
- Dried fruit
- Shredded unsweetened coconut



Smoothie Sailing

Slurping down a chilled concoction is one of the easiest ways to get more fruits and veggies at breakfast. For those mornings when you're feeling a bit uninspired or just too rushed to make your own, reach for a store-bought version that's ready at the push of a button or with the twist of a cap. These won our taste test and aren't chock-full of sugar or too high in calories compared to their competitors. ***By Julekha Dash***

BEST DELIVERED-TO-YOUR-DOOR

Revive Superfoods Strawberry Zen Smoothie

130 cal, 6g fiber, 17g sugar (0g added), 3g protein

Blend up this strawberry-banana smoothie cup, filled with frozen fruits, veggies and seeds, with whatever liquid you like. Chia seeds, flaxseed, berries and even some zucchini get the fiber count up.

BEST SHELF-STABLE

Kellogg's Joyböl Granola Smoothie Bowl Superberries with Chia

240 cal, 4g fiber, 13g sugar (7g added), 11g protein

Just add cold water or milk and watch the oat- and dried-fruit-filled package come to life. Soy and chia seeds amp up the protein content (and satisfaction!). Bonus: They don't require refrigeration so you can toss them in your bag to take anywhere.

BEST READY-TO-BLEND

Dole Boosted Blends Vita-C Smoothie

110 cal, 4g fiber, 17g sugar (0g added), 1g protein

Not just any old bag of frozen fruit, this option is dotted with "nutrient-boosted cubes" made from vitamin-C-packed acerola (a cherry-like berry native to the tropics) that pair well with the strawberries and pineapple

Editors' Picks Eating Well

BEST YOGURT-BASED

Noosa Mixed Berry Fruit Smoothie

160 cal, 1g fiber, 19g sugar (11g added), 5g protein

Fans of full-fat dairy will enjoy the rich, velvety texture of this sweet-tart combo of blueberries, blackberries, strawberries and raspberries with a hint of honey.

BEST COULD-BE-DESSERT

Sweet Nothings Peanut Butter Spoonable Smoothie

120 cal, 2g fiber, 11g sugar (0g added), 3g protein

This combo of peanut butter and banana is so thick you need a spoon to eat it. Sweetened with dates, the frozen cups' ice-cream-like consistency makes them good contenders for a healthy p.m. treat.

BEST SMOOTHIE BOWL

Kind Frozen Smoothie Bowl Almond + Peach Kiwi Greens

350 cal, 3g fiber, 22g sugar (9g added), 8g protein

Almond butter and granola top this fruit and veggie concoction for a smoothie that mimics a parfait.

Scan with your phone's camera to make your own ready-to-blend smoothie kits.

Real chocolatey goodness.

Real strawberries.

Real almonds.

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SPECIAL K

Who said doing something good for yourself had to be hard?

Do what's delicious.

If there was ever a time for visionary leadership, it was 2020, one of the most tumultuous years in living memory. So this year *EatingWell* is particularly thrilled to present our fifth class of American Food Heroes: 10 brilliant farmers, corporate executives, doctors, advocates and chefs—some of whom wear many of these hats at the same time.

Each year since 2017, our editors have consulted with experts around the country as well as you, our readers, to nominate people who are changing the way we eat. We've chosen many of this year's honorees for the ways they have illuminated new paths out of the morass of problems our country has been dealing with. Be it distributing masks and meals, championing plant-based eating to help both people and planet, or supporting young farmers, they're building an America that is more environmentally responsible, more racially and economically equitable, and healthier. Most of all, they show that change is possible—and how all of us, working together, can accomplish it. / **BY JONATHAN KAUFFMAN**

Giving a Voice to Migrant Workers

MILY TREVIÑO-SAUCEDA
Co-Founder and Executive Director, Alianza Nacional de Campesinas

PHOTO BY NEIL KREMER

2021 American

Food Heroes

Mily Treviño-Sauceda struggles with being called a hero, as if she is a one-woman force. Yes, she heads up the Alianza Nacional de Campesinas (the National Alliance of Farmworker Women), a network of 15 grassroots organizations and 950 members banding together to fight for job rights, lobby lawmakers to end labor abuses, prevent violence and sexual harassment against women, reform immigration and curb the use of toxic pesticides. But Treviño-Sauceda insists, "There have been thousands and thousands of women engaged in supporting everything we've been doing."

A more accurate word, then: catalyst. Born in Washington State to migrant farmworkers from Mexico, she has experienced all of these problems herself, working since age 8, and has devoted more than three decades to organizing women—first in California's Coachella Valley, where she lives, and then across the nation. According to the National Center for Farmworker Health, a third of the 2.5 to 3 million farm laborers in the U.S. are women—75% of whom were born in Mexico or Central America. Many are undocumented. Silenced by poverty, language barriers or immigration status, they are too often invisible to the general public. "I didn't know I had rights until I joined Alianza," says Manuela Ramírez, who is among the 80% of California farmworker women who have experienced sexual harassment on the job. "Mily has become a mentor, a guide and an example of how we have power to do things for ourselves."

In 2020 and well into this year, the need for Treviño-Sauceda's grassroots spirit became a matter of life and death. After the government deemed farmworkers "essential," COVID swept through migrant camps and communities. Spanish-language safety information and protective equipment were scarce and misinformation was rife. Few families had health insurance.

She and the women of Alianza stepped up to help. Treviño-Sauceda lobbied lawmakers and health officials to provide culturally competent assistance, while members organized fundraisers and drive-thru food banks and distributed safety leaflets and PPE door to door. In California alone, campesinas passed out 120,000 masks, many of which they sewed themselves. Treviño-Sauceda says that Alianza's members weren't merely organizing out of necessity, but pride as well: "We knew all along we were essential. We knew that if there weren't enough people doing this work in the fields, the food system wouldn't work."

Nourishing Communities in Need

CHRIS BRADSHAW
Founder and Executive Director, Dreaming Out Loud

In 2008, Chris Bradshaw set out to remedy a problem he saw in his Washington, D.C., community—namely, that fresh produce was scarce in the district's Black neighborhoods, while sugary, fatty convenience foods proliferated. He kept encountering an income gap. White wealth in the D.C. metro area, he points out, is 81 times that of Black wealth. Centuries of violent dispossession and discrimination have left Black farmers without land to farm, left Black neighborhoods without grocery stores, and left Black families with higher rates of high blood pressure, diabetes and other health problems.

Food, Bradshaw found, can be a potent tool for addressing both poor health *and* poverty, if you create an ecosystem of support. That's exactly what his nonprofit, Dreaming Out Loud, aims to do. Bradshaw launched a CSA that provides fresh fruits and vegetables, grown largely by local Black farmers, at 20 sites in the District, with a focus on low-income communities in Wards 7 and 8, *and* it accepts SNAP benefits (aka food stamps). So do the program's twice-weekly farmers' markets. Dreaming Out Loud also runs a 2-acre farm next to Kelly Miller Middle School in Ward 7 that offers gardening and cooking programs *and* has an on-site hub that distributes some of the produce it grows to nonprofits and community groups. The organization's Dream Program, a 16-week food-business boot camp run out of the hub, has helped dozens of low-resourced Black entrepreneurs start food businesses, *and* Bradshaw's advocacy on the D.C. Food Policy Council has shaped local laws promoting urban gardens and small food businesses, as well.

"Ending food deserts, expanding access to fresh, local produce, empowering communities to create opportunities that fight hunger and poverty, educating future generations to be champions for healthy neighborhoods—all of this is possible if we think boldly and act compassionately, just like Chris," says celebrity chef José Andrés, founder of World Central Kitchen and a 2017 American Food Hero, who nominated Bradshaw for this year's award.

Andrés and Bradshaw's organizations joined forces this year when COVID-19 exacted a particularly brutal toll—both economically and physically—on D.C.'s Black residents. WCK volunteers and Dream Program participants provided more than 250,000 meals to feed hungry neighbors in 2020 and early 2021. Dreaming Out Loud handled the logistics (like hiring people to help in the effort) and distribution, and its farmer network supplied ingredients. The effort brought jobs and $350,000 into the community, Bradshaw says, supporting four Black-women-owned businesses and their 15 workers. Meanwhile, enrollment in the CSA spiked from 150 families to *1,200* in 2020.

For Bradshaw, receiving that extra funding as his community suffered was bittersweet. The health and wealth gaps persist—but so does his resolve to continue blazing this path. "We want to be able to better build out this ecosystem where we can channel resources to food makers and Black farmers," he says. Andrés has no doubt he will. "Chris is a true food fighter," he says, "and that's been the case long before the pandemic."

BILL WADMAN; OPPOSITE: CRAIG LEE

Championing Regenerative Agriculture

BIRGIT CAMERON
Co-Founder and Head of Patagonia Provisions

A few years ago, Birgit Cameron visited The Land Institute in Kansas to talk with founder Wes Jackson about a special grain called Kernza that the agricultural nonprofit was breeding. A cousin of wheat, Kernza is a perennial grass that never needs to be plowed under and replanted, so it grows deep roots that prevent soil erosion and draw carbon out of the atmosphere, sequestering it underground. The grain exemplifies the regenerative agriculture principles that Patagonia Provisions promotes, and Cameron wanted to buy it. There was only one problem. Kernza wasn't yet on the market, and Jackson told her it would take 20 years to grow it at a commercial scale.

She took one look at the number of bags already stacked to the ceiling of his warehouse and said, "Wes, I think you've got enough." All Cameron had to do was come up with a use. And that's how the company's Long Root Pale Ale, brewed with a mix of Kernza and barley, came to be. (It now offers a Long Root Wit too.)

Considered sourcing like this is what makes Patagonia Provisions, which Cameron co-founded in 2012, the most improbable food brand in America. Each of the 40-plus products the company makes, including canned fish, dehydrated soups, snacks and beer, originates in a mission, not a trend. It's in keeping with the ethos of its mother business, Patagonia, which has long been a leader in sustainable outdoor apparel. "Every single thing that we build has a very deep reason for being," she says. "We create products to solve a problem, to show an issue or to create a new supply chain."

Under Cameron's leadership, Patagonia Provisions helped spearhead a Regenerative Organic Certification (ROC), which launched in mid-2020. Regenerative agriculture refers to farming practices that rebuild soil health, clear up waterways, promote biodiversity and capture carbon dioxide from the atmosphere. Research at the Rodale Institute, a nonprofit that co-sponsors this certification, suggests that adopting techniques like these can mitigate and potentially reverse climate change. Only farms that operate regeneratively, as well as guarantee animal welfare and ensure strong labor practices, can earn the certification. To date, 18 other companies, including Dr. Bronner's and Lotus Foods, have joined the ROC program.

In the natural-food industry, interest in regenerative agriculture has been rising. But convincing farmers to embrace this model continues to be a daunting prospect. It takes time and resources to convert a conventional farm to a regenerative one. Patagonia Provisions, however, provides a giant carrot for certification: turning great ingredients into best-selling foods. For instance, the breadfruit flour in its gluten-free crackers comes from agroforests in Central America. There, instead of growing one cash crop of the fruit, farmers manage a diverse ecosystem of trees—citrus, plantain, cacao—that sustain their families and the environment. And by making beer with Kernza, the company is supporting the market (Cameron has recruited a host of other farmers to grow it) and raising public awareness about the planet-friendly grain.

Building demand for regeneratively grown foods means more farmers can switch from wheat to Kernza and from bananas to breadfruit. Indeed, sales have doubled year over year, and Patagonia Provisions products—once sold only online or through Patagonia stores—are increasingly finding their way into major grocery chains and outdoor retailers, cementing the company's role as a leader in the do-good food space. "We're like the tip of the arrow," Cameron says.

Advocating for Plant-Based Eating

BRUCE FRIEDRICH, *Founder and Executive Director, The Good Food Institute*

Americans may be some of the biggest meat consumers in the world, but the last five years have seen a sea change. Almost a quarter of respondents in a 2020 Gallup poll reported eating less meat than the year before, citing health and environmental concerns as their top reasons for cutting back, and 36% of those said they'd done so by swapping their cheeseburger or chicken breast for plant-based meat alternatives. The market for foods like the Impossible Burger and Beyond Meat "sausage" has exploded in kind: in 2020, U.S. retail sales of plant-based foods shot to $7 billion—a growth of 43% in just two years. And analysts project that the market for plant-based meats will more than triple by 2027.

Behind the scenes of this surge—everywhere you turn, from advising new companies and funding scientific research to sparking our cultural obsession with meat alternatives—is Bruce Friedrich. A former vice president of PETA, he founded the Good Food Institute in 2016 after realizing none of his flashy campaigns to convince people to stop eating meat were working. The United Nations Food and Agriculture Organization estimates that animal agriculture—beef in particular—is responsible for 14% of greenhouse gases worldwide. And a growing number of experts insist we need to eat less meat to limit the disastrous effects of climate change and lower the incidence of health conditions like obesity and heart disease. Yet while consumption of animal protein may be trending down among some, the production of it in this country has hit record highs. So Friedrich decided to transform meat itself. "To remake meat is how we solve climate change," he says. "Remaking meat is how we prevent the next pandemic. Remaking meat is how we take antibiotics out of the food system."

BILL WADMAN

For Friedrich, "remaking meat" means coming up with realistic-tasting, affordable plant-based substitutes made from, say, soybeans or yellow peas that have far lower carbon footprints. Or figuring out how to culture lean beef, bluefin tuna or duck cells in a lab—producing real animal meat without raising any animals. It also means not being afraid to court controversy, like horrifying vegans by recruiting major meat producers like Tyson to add plant-based alternatives to its lineup.

In its early days, GFI offered scientific and marketing advice to startups like Good Catch Foods and Memphis Meats. As billions of dollars of private investment flowed into companies like these, however, Friedrich realized the big players were keeping their technological breakthroughs to themselves. Now the Washington, D.C.-based nonprofit increasingly focuses on lobbying countries around the world and advancing scientific knowledge in the public sphere. "Our focus is really on open-sourcing science and convincing governments that they should be funding this type of work," Friedrich says.

In the past three years, GFI has written white papers identifying gaps in scientific knowledge—the need for plant fats that taste more like those from animals, or bigger bioreactors for cultivating cells, for example—and has given out $13 million in research grants. It also lobbies Congress and agencies like the USDA and the National Science Foundation to fund research into alternative proteins. In 2020, the federal government allocated nearly $5 million to do just that. Friedrich, never wavering from his mission to change the global food system, says it's a start: "That should be *billions.*"

AFH21

Feeding Those On the Front Line

GUY FIERI, *Food Network star and restaurateur*

Most people know Guy Fieri for the hair, the backward sunglasses and his food catchphrases ("That just kung fu'd my palate, dude!"). But in the past four years, crisis after crisis has shown another side of the Food Network's most recognizable star: a celebrity chef working tirelessly to feed first responders and out-of-work restaurant staff.

During the devastating California fires of 2017, when Fieri was forced to flee from his Santa Rosa home, he brought his barbecue rig to a nearby evacuation center to smoke pork butts for emergency crews and fellow evacuees. The fires have returned to Northern California every year since, as has Fieri, bringing with him a growing setup that includes two trailers and a 48-foot mobile kitchen. In October 2020, hundreds of sweaty, soot-stained firefighters took a break from the front lines for meatball sandwiches and selfies with the chef at the Sonoma County Fairgrounds. "Guy has been instrumental in sharing his support for those responding to the fires," says Paul Lowenthal, assistant fire marshal for the Santa Rosa Fire Department. "Firefighters are truly grateful for Guy."

Just six months before, when COVID-19 restrictions shuttered restaurants, Fieri—who himself owns 85 eateries in the U.S. and abroad—says he immediately knew the effects on the industry would be catastrophic. Food in walk-in refrigerators would spoil. Staff would be laid off. Bills wouldn't get paid. That March and April, a reported 5.9 million restaurant workers, or *half* the industry, lost their jobs—with ripples of that loss spreading up the supply chain.

So the Mayor of Flavortown sent 43 personal videos to the CEOs of companies like Pepsi and Uber Eats to raise money. "Restaurants have always been there for you," he told them. "Let's step up and help restaurants." He got $21.5 million, and the National Restaurant Association coordinated the distribution of $500 checks to 43,000 workers. Fieri also co-directed and executive-produced a documentary called *Restaurant Hustle 2020,* which aired on the Food Network in December, to raise awareness about the crisis, and he continues to raise relief money for bar and restaurant owners. "Mom and pop restaurants are really the fabric of a community," Fieri says. "It was critical to share with people how much we need them, share how much we can help them and share how much they help us."

His passion for aiding others isn't surprising, perhaps, when you consider that in 14 years of hosting *Diners, Drive-Ins and Dives,* Fieri has championed the food at 1,500 pancake houses, taco trucks and burger joints across the country. "He's a gift to small restaurants like us because we don't have the ability to project like he can. That has definitely been a big thing," says Mike Semandiris, owner of Mike's Chili Parlor in Seattle, who still sees new customers every time his 2008 episode re-airs. "Guy helped expand our business to people we would never have been touching otherwise. He loves food, he loves small businesses, and he loves the traditions and the people who run these places."

JOHN BURGESS/THE PRESS DEMOCRAT

Teaching the Importance of Nutrition

TIMOTHY HARLAN, M.D.
Executive Director, George Washington University Culinary Medicine Program

Given the fact that heart disease is the leading cause of death in the U.S.—with stroke, cancer and diabetes close behind—and that obesity rates continue to rise, you'd think that medical schools would train aspiring physicians on a key preventive measure: nutrition. Surprisingly, that isn't the case. At last count, only one-fifth of medical schools required any nutrition training. And a study that tested fourth-year medical students' basic knowledge about things like healthy eating and weight loss found they could only answer, on average, about half of the questions correctly. Other research shows that fewer than half of doctors talk to patients with weight-related disease about how diet affects their health. The problem is so rampant that a 2019 review of 66 studies, published in *The Lancet*, concluded, "It is clear that despite the centrality of nutrition to [a] healthy lifestyle, graduating medical students are not supported through their education to provide high-quality, effective nutrition care to patients—a situation that has gone on for too long."

Timothy Harlan saw this firsthand when he was training to be a physician, and set about rectifying this critical gap in 2012. "Food has to be part of our practice," he says. Harlan, who cooked professionally in his 20s, designed a "Health meets Food" course at Tulane University Medical School in New Orleans, where students learn about nutrition and biochemistry and cook dishes consistent with the Mediterranean diet, which emphasizes whole grains, fresh produce and healthy fats. They then go out and teach cooking courses in the community.

A recent clinical trial evaluating the program found that local residents who took the classes made significant improvements in their diet and reduced their cholesterol and A1C blood sugar levels. The med students benefited too. Not only did they feel better able to counsel future patients on eating to improve health outcomes, they also improved their own diets.

But Harlan wasn't satisfied just running the program at Tulane. He wanted every med school in America to teach it. And now, more than 60 colleges and institutions around the country offer the "Health meets Food" curriculum—and Harlan and his team have created more than 30 continuing-education modules for practicing doctors and nurses.

Last year, he brought the program to an even bigger audience. In January 2020, Harlan joined George Washington University's School of Medicine, in Washington, D.C., to make their Culinary Medicine Program the nexus of food and nutrition education. He also teamed up with the National Institutes of Health and partner sites across the country to expand research into the long-term benefits of the "Health meets Food" program.

The cooking classes went remote when the pandemic shut D.C. down, but Harlan and his team were still able to teach over 100 online courses to med students and community members—plus more than 2,000 people have participated through the network of medical schools offering "Health meets Food." Harlan is amazed how people from all over the country, and from all socioeconomic levels, have embraced the virtual classes—cooking and eating together through their screens. "It's been freaking amazing," he says. "And it expands our scope dramatically."

BILL WADMAN

Empowering Black Farmers

SHIRLEY SHERROD
Co-Founder, Southwest Georgia Project and New Communities, Inc.

Shirley Sherrod has spent most of her 73 years working to improve life for Black farmers in the corner of Georgia where she was born. Her life has been threatened, her land taken from her. Yet her persistence has never wavered. She still pursues innovative ways to fight African American land loss and provide farmers with the tools they need to succeed. "If there's something she can do, she's going to do it," says George Hall, Jr., a farmer in Albany, Georgia, who Sherrod assisted with everything from training and technical support to advice on navigating the financial and bureaucratic aspects of land ownership.

The disappearance of Black-owned farmland has been relentless and well documented. In 1910, Black farmers owned 14 million acres of U.S. farmland. By the end of the century, that acreage had fallen by 90%. Banks and the USDA refused to issue loans to Black farmers to cover crop losses and buy new equipment. Predatory lawmakers and white landowners blocked access to markets, passed discriminatory regulations—and hoovered up land.

Sherrod pledged to devote her life to combating racial discrimination in Georgia at the age of 17, after a white neighbor murdered her father, never to be charged. In the '60s, that meant organizing Black voters and dismantling Jim Crow laws as part of the Southwest Georgia Project that she and her husband, Charles, founded. In 1969, the young couple and a group of fellow civil rights leaders purchased 5,735 acres near Albany. Inspired by Israeli kibbutzim, their farm, New Communities, became the country's first land trust—a collectively owned and managed property where Black folks could safely, independently and profitably live and produce food. Its founding made it the largest African American-owned farm in the U.S.

Around 100 people joined them in cultivating the property and raising hogs. But when drought struck the area in the late 1970s, the USDA denied New Communities the same loans it ladled out to white neighbors, and the trust was forced off its land. The loss gutted her, yet she forged on, continuing to help Black farmers access resources and funds through the Southwest Georgia Project and as a director of rural development for the USDA. Only after advising dozens of farmers to join a massive class-action lawsuit over the agency's racist practices did Shirley and Charles realize they were eligible, too; the 2009 settlement they received allowed them to rebuild New Communities. "We didn't lose the dream," she says.

In 2011, the Sherrods purchased 1,600 acres that had been part of one of Georgia's largest slaveholder estates, including rich farmland, forests, lakeside cabins and a mansion, and are using the site to hold trainings for young farmers. They've also planted satsumas and 200 acres of pecan trees, which Sherrod plans to grow into a regional farm cooperative. Collective ownership of land, mutual training and support, working together to establish economic security—those are still key to reversing land loss for Black farmers. "This is how we're trying to bring young farmers into the area," she says. Sherrod has seen it time and time again in her community: organization and hope are powerful gifts to share. "You can spark ideas in people," she says. "And they'll work to make it happen."

JAMEL OVERSTREET

NEIL KREMER

Promoting Sustainability on a Massive Scale

BRIAN NICCOL, *Chairman and CEO, Chipotle Mexican Grill*

When Chipotle took off 20 years ago, opening almost 500 locations in just five years, the company's success didn't just reflect a newfound passion for burritos, but also customers' hunger for sustainably sourced quick-service food. Founder Steve Ells, who ditched his high-end cooking aspirations after he opened the first Chipotle location in Denver in 1993, made the company's commitment to ingredients like Niman Ranch's antibiotic-free pork a selling point. (Niman Ranch Pork's founding farmer, Paul Willis, was among our 2020 American Food Heroes.)

Chipotle's success has inspired a host of up-and-comers to adopt its ideology and serve fresher, better fast-casual fare. Rapidly growing chains like Sweetgreen, Veggie Grill and Dig now advertise their local produce, sustainably raised meats and healthful dishes.

Under the aegis of Brian Niccol, who joined Chipotle in 2018, the company is pushing its sustainability goals even farther forward—and challenging the industry to join it. "The way we're going to continue to lead in this space is by working with the supply chain and the partners that grow or raise the ingredients we use," Niccol says.

One of Chipotle's new initiatives is to help young farmers. A third of America's growers and ranchers are aging out of the business, yet those wanting to step in and take over for them struggle with steep startup costs—primarily land and equipment. In May 2020, the company partnered with the National Young Farmers Coalition to give 50 aspiring farmers $5,000 each in seed grants and announced it will contribute $5 million in total over the next five years. Chipotle also committed to buying 37 million pounds of produce from smaller local farms in 2021, a bump from 31 million the year before.

It upped its sustainability game, as well—adding a new feature to the online menu called the Real Foodprint tracker, which allows customers to see the impact of their order on factors like carbon emissions, soil health and water saved. (Chipotle enlisted Bill Nye to do a TikTok video explaining how it works.) This comes at a time when transparency is more important to eaters than ever: according to a recent nationwide poll, 80% of consumers say sustainability is a major factor when deciding what food or beverage to buy—and more than 50% report being more concerned about sustainability than a year ago.

More quietly, last year Chipotle increased the percentage of waste it diverts from landfills to 51%—up from 37% in 2016—thanks to changes in how it recycles and packages products, among other strategies. It also expanded the number of locations that compost to 29% of its 2,800-some restaurants. Given Chipotle's scale, these moves have the potential to make a big environmental impact. In March, the company announced it will tie part of its executive bonuses to whether Chipotle meets even more stringent sustainability goals each year.

All that during one of the most chaotic years the restaurant industry has ever faced. "We never stepped backward, despite what was going on with COVID," Niccol says. "I think that's a testament to the culture and values that we have."

ADVERTISEMENT

THE FUTURE OF FARMING

As a part of Chipotle's commitment to donate **$5 million over 5 years** to help support the next generation of farmers, we partnered with the National Young Farmers Coalition to launch the **Seed Grants Program**, offering $5,000 to 50 farmers under the age of 40 to start or grow their farms. It's just another way we're supporting the future of real food.

MEET A FEW OF THE GRANT RECIPIENTS

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GROW TOGETHER

"I am passionate about feeding people, strengthening our local food system, and educating/inspiring others to take control of their whole wellness through gardening/farming and learning about the power of food medicine."

BCS LIVESTOCK

"My family and I raise and direct market grass-fed beef, lamb, and wool products in the foothills of the Cascade Mountains in Washington."

At **CHIPOTLE**, we work with small and midsize family farms who share our belief in Food with Integrity. That means they do things like treat animals with respect, contribute to healthy soil, and always have sustainability in mind.

SCAN THIS CODE with the camera on your phone to learn more or visit **chipotle.com/farmers**.

CHIPOTLE MEXICAN GRILL

Advancing Healthy Indigenous Food

SEAN SHERMAN, *Founder and CEO, The Sioux Chef, and Co-Founder, NāTIFS*

Sean Sherman has built his name melding Indigenous foods with haute cuisine flair. He has a successful Minneapolis-Saint Paul catering business, The Sioux Chef, and a James Beard Award-winning cookbook, *The Sioux Chef's Indigenous Kitchen*. In early 2020, the Oglala Lakota chef and his life partner, Dana Thompson, who is Mdewakanton Dakota, founded a culinary training and education nonprofit called NāTIFS (North American Traditional Indigenous Food Systems), and launched its first project, the Indigenous Food Lab. At the time, Sherman was planning for the 2021 opening of his first restaurant, Owamni, in downtown Minneapolis. Then COVID came along and shut down his catering operations, sending his life's work in an exciting new direction.

Sherman grew up on the Pine Ridge Reservation in South Dakota and has traveled all over North America talking to Native Americans and ethnobotanists about Indigenous foodways and cooking methods. He weaves together dishes that pair Northwest salmon with blackberries and seaweed, or roasted Midwestern wild turnips and winter squash. Just as significantly, he refrains from using foods of European origin—wheat flour, dairy, cane sugar, pork and beef—that have had a serious impact on the health of Native Americans, whose rates of type 2 diabetes are significantly higher than rates among the general population and whose average life expectancy is 5½ years less than that of all U.S. racial groups combined.

When pandemic closures and racial-justice protests overtook the Twin Cities, Sherman reconvened his cooking crew for a new purpose: preparing healthy meals for people living in local homeless encampments, many of whom are Indigenous. But that effort, a partnership with the Minnesota Central Kitchen, relied on donated food. So in October, he secured funding to prepare and deliver 10,000 nutritious, culturally relevant meals every week—smoked pheasant and root-vegetable soup, bison and tepary-bean chili—to Native organizations and 9 of the 11 tribes in the state.

The response has been electric. "Especially because this food is geared toward Indigenous peoples, it's reconnecting them with a lot of their ancestral knowledge base," says Sherman. He's electrified, too: A restaurant meal, or a talk at a powwow, has limited impact; this year, he's been able to share his food and his message with tens of thousands of the people he most wants to reach. In fact, the Prairie Island Indian Community in Southeastern Minnesota invited him to help rebuild two community kitchens on the reservation and develop healthy recipes for them to cook.

Sherman's Minneapolis restaurant opened—miraculously, he says—on time this spring. But his food-relief work has given new purpose to his mission: setting up Indigenous Food Labs across North America so these communities can incubate food businesses, rediscover lost traditions and increase access to nutritious local foods. Says Sherman, "We're just trying to set up a system to preserve these traditions and to make healthy food accessible to anybody that wants to learn about it."

NATE RYAN

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NEITHER DO WE.

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Stand Up To Cancer is a division of the Entertainment Industry Foundation (EIF), a 501(c)(3) charitable organization

AFH21

Getting Farmers and Their Families Online

BETH FORD
President and CEO, Land O'Lakes

As the head of a Fortune 500 company based in the Twin Cities, Beth Ford oversees a $14 billion business with more than 9,000 employees. Yet Land O' Lakes is also a farmer-owned cooperative with around 3,300 producer-members. When the pandemic struck, Ford—who has been CEO since 2018—recognized that rural America's feeble digital infrastructure was going to add another set of COVID-related challenges to the farming communities she works with.

Upward of 42 million people in the U.S. lack broadband access, and most are in rural areas—places where hospitals have closed, jobs have ebbed and homelessness has risen at alarmingly high rates since the start of the pandemic. Residents without high-speed internet can't consult with doctors—and their children can't virtually attend school. Farmers, who increasingly rely on high-tech tools to improve the management of their fields and herds, can't operate productively. "It's hard to have an effective farmer when the vibrancy of the community is in decline," says Ford. "And we know that one of the great enablers of our time is technology." She sprang into action.

Just two months after the country began locking down, Ford convinced Land O'Lakes facilities—offices, plants, stores—and hundreds of business partners in 49 states to make their Wi-Fi networks public, so students could sit in their family cars in the parking lot to attend classes or complete homework. And Ford inked a sweeping agreement with Microsoft to help Land O' Lakes farmers get broadband access and upgrade to cutting-edge equipment. The two companies are now collaborating on a program that will allow farmers to measure the extra carbon captured in their soil if they adopt no-till planting and other regenerative agriculture techniques—and then sell carbon credits to companies including Microsoft, adding an important new income stream for them. It's the first farmer-owned carbon marketplace in the country.

For Ford, investing in rural communities doesn't just make life better for farmers. "Everybody should be concerned about this," she says. "Because food is a security issue. It's an American competitiveness issue. And it's simply the right thing to do."

JONATHAN KAUFFMAN *is a James Beard Award-winning journalist and the author of* Hippie Food. *He lives in Oregon.*

NATE RYAN

SHORT LABEL, ENDLESS LOVE.

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ALL TOGETHER BETTER.

FIRE & RICE

Pull out a bottle of wine, grab your largest pan and light the grill. These paella and fideos recipes will bring the smoke-meets-salty-air aromas of coastal Spain to your own backyard. **By Lorraine Allen** Photography by Angie Mosier

When my husband, two children and I moved from Brooklyn, New York, to Valencia, Spain, a couple of years ago, we were looking to add sunshine, sea views and spice to our lives. Countless surprises greeted us—chief among them was the abundance of regional grilled rice dishes, called arroces. These dishes are so integral to local cuisine that nearly every home is built with a paellero grill—a brick or stone structure designed to prepare paella. Now, as we walk around our neighborhood on weekend afternoons, the smoky, saffron-infused aroma of these dishes follows us whichever way the breeze is blowing. There's something distinctly festive about rice grilling slowly in some mix of meat, fish and broth—served in a party-sized pan placed ceremoniously in the middle of a table. It screams *dig in*, or more aptly, as they say here, buen provecho, or "enjoy your meal."

It was in this corner of the country that paella was invented, some say by the early Moorish invaders, whose royal servants threw leftovers into pans with rice. (The Arabic word for leftovers is pronounced baquaya, a possible influence on the name paella.) Others speculate the dish was designed by farmers in the fields, using the abundant ingredients around them. For Valencianos, it's more than a meal; it is a pastime that is central to their identity. It's served on weekends and on holidays. Stop into a restaurant any day of the week and you will be hard pressed not to find paella on the menu. The rice is locally grown and cooked over a fire built with orangewood harvested from the citrus groves in the surrounding hillsides. What sets the traditional Valencian paella apart from other versions is that the dish lacks seafood. The rich, meaty broth is made by simmering chicken and rabbit with aromatics right in the pan

along with snails, various fresh beans and rosemary.

Of course, there are many other tasty forms of grilled rice on rotation in the area—paella with lobster, or a mix of shrimp, mussels, calamari and other fish—as well as dishes made with small hollow noodles called fideos, in place of the rice. The use of fideos also originated here, in the small fishing port of Gandia in the 1930s, when a chef looking to feed a roomful of hungry fishermen lacked rice for the paella and decided to substitute pasta. The dish was an instant hit.

After observing local chefs and neighbors and plying them for advice, my family and I found ourselves preparing paella any time we had company, or a free afternoon. And though the sunshine and sea views have met all our expectations, we've been surprised to find that the scent of saffron, rice and smoke may be the most endearing characteristics of our new home.

LORRAINE ALLEN *is a health, food and travel writer living with her family in Valencia, Spain.*

PAELLA & FIDEOS LIKE A VALENCIANO

1. Track down bomba rice and fideos pasta at well-stocked supermarkets or check *tienda.com* or Amazon. (Medium-grain white rice and broken angel hair pasta, respectively, make decent substitutes.) You also will need a 12-inch, or larger, flat pan that will fit inside your grill. Our Test Kitchen tried these recipes using both paella pans and cast-iron skillets.

2. Cooking for more than 8 people? Your best options are to make two batches or double the recipe using a larger pan set over a grill rack on a fire pit—which is essentially how Spanish paellero grills are set up.

3. If you have the option to cook over a wood fire, the flavor it imparts is worth it. Have extra wood or coals on hand, in case you need to refuel during the cooking process.

4. Have everything chopped, measured and handy, beside your grill, before you begin cooking. Once you get started, the dishes cook fairly quickly and should not be left unattended. Make sure your pan is well heated over a medium-high flame before adding any ingredients. Have extra water or broth handy, too (depending on the recipe), which you will need to add if the flame gets too high and the dish starts drying out before the rice is cooked.

5. Don't worry if some of the rice chars a bit on the bottom of the pan. That's a good thing! Valencianos have a name for that extra-crunchy bit of rice that sticks to the bottom of the pan: socarrat. It's affectionately known as Valencian caviar.

POUR THESE WINES

Valencia might be best known for oranges and paella, but the region has also been producing wine for thousands of years. Here are a few affordable bottles from the region to look for:

NV Biutiful Cava Brut Rosé
($14)
This sparkler is made entirely from garnacha, one of the most widely planted grapes in Valencia. Its smoky, stone-fruit aromas pair well with these grilled dishes.

2018 Cien Duros Macabeo
($15)
Acidic, floral and loaded with citrus and green-apple flavors, this refreshing white is great as an aperitif or served alongside seafood-based dishes.

2017 J. Navascués La Pinada Bobal
($14)
This red has notes of blackberry and cherry. Its medium body stands up to the Paella Valenciana without overpowering it.

Paella Valenciana

ACTIVE: 40 min **TOTAL:** 1 hr 25 min

A more traditional take on this paella would include rabbit and chicken, but this recipe only calls for easier-to-find chicken thighs. If you want, substitute 1 rabbit (3½ pounds) cut into 2-inch chunks for half the chicken. If you can't find cranberry beans, double the limas.

- ¼ cup extra-virgin olive oil
- 8 bone-in, skin-on chicken thighs
- 1 teaspoon salt, divided
- 1 cup Romano beans *(see Tip, page 101)* or green beans, trimmed and sliced
- ¼ cup fresh shelled cranberry beans
- ¼ cup lima beans (fresh or frozen)
- ¾ cup grated plum tomato, skin discarded (3 tomatoes)
- 1 tablespoon smoked sweet paprika
- 7 cups low-sodium chicken broth, divided
- Large pinch of saffron threads
- 1½ cups Valencian bomba rice *(see Tip #1, opposite)*
- 2 sprigs fresh rosemary
- Lemon wedges for serving

1. Preheat a gas grill to medium-high or build a fire in a charcoal grill and let it burn down to medium-high heat (about 425°F).
2. Heat a 12- to 14-inch paella pan or cast-iron skillet on the grill for 3 minutes. Add oil and heat for 1 minute. Season chicken with ¼ teaspoon salt and add to the pan, skin-side down. Cook until browned, about 6 minutes.
3. Flip the chicken and push the pieces toward the edges, leaving an empty space in the middle. Add Romano (or green) beans, cranberry beans and lima beans to the middle and cook, stirring, for 1 minute. Add tomato, smoked paprika and ¼ teaspoon salt. Cook, stirring, for 1 minute. Stir in 6 cups broth, saffron and the remaining ½ teaspoon salt. Bring to a simmer. Cook, stirring occasionally, for 30 minutes.
4. Add rice, pouring it in a line down the center of the pan. Stir gently to distribute the ingredients evenly and mix them into the broth. Cook, without stirring, for 9 minutes. Add rosemary sprigs and the remaining 1 cup broth. Continue cooking until the chicken is cooked through and the rice is tender, about 9 minutes more. (If the liquid is gone and the rice tastes underdone, add a little water and cook a little longer.)
5. Remove from heat and discard the rosemary. Let stand for 5 minutes before serving. Garnish with lemon wedges, if desired.

SERVES 8: 3 oz. chicken & about 1 cup rice each
Cal 406 **Fat** 17g (sat 4g) **Chol** 81mg **Carbs** 31g **Total sugars** 1g (added 0g) **Protein** 32g **Fiber** 3g **Sodium** 425mg **Potassium** 544mg.

Fideuà de Marisco (Grilled Pasta with Seafood)

ACTIVE: 45 min **TOTAL:** 1 hr

The Costa Blanca, on Spain's Mediterranean coast, was ruled by the Romans for hundreds of years and the mix of ingredients here reflects that Italian influence. Look for Marine Stewardship Council certification or check SeafoodWatch.org *to find sustainably sourced seafood.* (Photo: page 76 & cover.)

- 8 cups fish *or* seafood stock, divided
- ¼ cup extra-virgin olive oil
- 12 ounces raw prawns *or* shrimp (8-12 per pound), preferably with heads left on
- 1 small onion, diced
- 2 large cloves garlic, minced
- ½ cup grated plum tomato, skin discarded (2 tomatoes)
- 14 ounces fideos *(see Tip #1, opposite)* or broken angel hair pasta (3 cups)
- 1½ teaspoons smoked sweet paprika
- Large pinch of saffron threads
- 8 ounces cod fillet, cut into 2-inch pieces
- 8 ounces clams, scrubbed
- 8 ounces mussels, scrubbed
- 4 ounces calamari rings and tentacles
- Fresh parsley & lemon wedges for serving

1. Preheat a gas grill to medium-high heat or build a fire in a charcoal grill and let it burn down to medium-high heat (about 425°F).
2. Bring stock to a simmer in a large saucepan. Cover and take out to the grill with the remaining ingredients.
3. Heat a 12- to 14-inch paella pan or cast-iron skillet on the grill for 3 minutes. Add oil and heat for 1 minute. Add prawns (or shrimp) and cook, stirring, until pink, about 3 minutes. Transfer to a clean plate. Add onion to the pan and cook until translucent, about 3 minutes. Add garlic and cook, stirring, for 1 minute. Stir in tomato. Add fideos (or angel hair) and cook, stirring often, until lightly toasted, 3 to 6 minutes.
4. Stir in 7 cups of the warm stock, paprika and saffron. Bring to a simmer. Add cod, clams and mussels and stir gently to combine; cook for 4 minutes. Arrange calamari and the prawns (or shrimp) around the fideos. (Do not mix or stir anymore.) Add the remaining 1 cup stock; simmer until the seafood is cooked through and the fideos are tender, 5 to 7 minutes. Serve garnished with parsley and lemon wedges, if desired.

SERVES 8: about 1 cup each
Cal 426 **Fat** 12g (sat 2g) **Chol** 133mg **Carbs** 43g **Total sugars** 2g (added 0g) **Protein** 34g **Fiber** 3g **Sodium** 849mg **Potassium** 721mg.

Fideuà de Verduras (Grilled Pasta with Vegetables)

ACTIVE: 45 min **TOTAL:** 45 min

Fideos are small strips of pasta that look like ½-inch pieces of thin spaghetti, although sometimes they're shaped like mini macaroni. (Broken angel hair pasta is an easy swap.) Dishes that incorporate fideos are called fideuà—pronounced fee-dey-wha*—and are cooked like paella.*

- **1 lemon**
- **3 baby artichokes**
- **8 cups low-sodium vegetable broth, divided**
- **¼ cup extra-virgin olive oil**
- **1 small onion, diced**
- **1 medium red bell pepper, diced**
- **2 cloves garlic, minced**
- **½ cup green beans, trimmed and halved**
- **½ cup Romano beans *(see Tip, page 101)*, trimmed and cut into 1-inch pieces**
- **1 cup diced tomato**
- **2 teaspoons smoked sweet paprika**
- **1 teaspoon salt**
- **14 ounces fideos *(see Tip #1, page 78)* or broken angel hair pasta (3 cups)**
- **Large pinch of saffron threads**

1. Preheat a gas grill to medium-high or build a fire in a charcoal grill and let it burn down to medium-high heat (about 425°F).

2. Meanwhile, fill a large bowl with cold water. Squeeze lemon juice into the water and add the lemon halves. Trim the artichoke stems, then cut about ¼ inch off the tops of the leaves. Quarter the artichokes and scoop out any fuzzy chokes inside. Add the cut artichokes to the lemon water.

3. Bring broth to a simmer in a large saucepan. Cover with a lid and take out to the grill along with the artichokes and the remaining ingredients.

4. Heat a 12- to 14-inch paella pan or cast-iron skillet on the grill for 3 minutes. Add oil and heat for 1 minute. Drain the artichokes and add to the pan along with onion and bell pepper; cook, stirring often, until softened, about 5 minutes. Add garlic and cook, stirring, for 1 minute. Add green beans and Romano beans and cook, stirring, for 1 minute. Add tomato, paprika and salt; mix well. Add fideos (or angel hair) and cook, stirring, until lightly toasted, about 3 minutes.

5. Stir in 7 cups of the warm broth and saffron. Bring to a simmer. Cook until the fideos are tender, 8 to 12 minutes, depending on package directions. Stir in the remaining 1 cup broth; remove from heat. Let stand for 5 minutes before serving.

SERVES 8: generous 1 cup each
Cal 312 **Fat** 8g (sat 1g) **Chol** 0mg **Carbs** 50g **Total sugars** 4g (added 0g) **Protein** 9g **Fiber** 7g **Sodium** 453mg **Potassium** 310mg.

Arroz con Bogavante (Grilled Rice with Lobster)

ACTIVE: 30 min **TOTAL:** 1¼ hrs

Although popular in Spain, lobsters are actually imported from the United States, making this an appropriate dish to replicate on American grills. For this take on paella, a single cooked lobster is presented in pieces on top of the seafood stock- and saffron-infused rice. Think of the lobster as an over-the-top garnish—each diner gets a little morsel of the crustacean, so you may want to serve this as a side dish, not the main event.

- **1 1¼- to 1½-pound live lobster**
- **5½ cups fish *or* seafood stock, divided**
- **¼ cup extra-virgin olive oil**
- **1 small onion, diced**
- **¾ cup grated plum tomato, skin discarded (3 tomatoes)**
- **1 tablespoon smoked sweet paprika**
- **½ teaspoon salt**
- **1½ cups Valencian bomba rice *(see Tip #1, page 78)***
- **¼ cup dry white wine**
- **Large pinch of saffron threads**
- **Chopped fresh parsley & lemon wedges for serving**

1. Preheat a gas grill to medium or build a fire in a charcoal grill and let it burn down to medium heat (about 350°F).

2. Meanwhile, bring a large pot of water to a boil. Add lobster and cook until bright red, about 5 minutes. Remove with tongs or a slotted spoon. When cool enough to handle, separate claws and tail from the lobster body. Set aside.

3. Bring stock to a simmer in a medium saucepan. Cover with a lid and take out to the grill along with the lobster and the remaining ingredients.

4. Heat a 12- to 14-inch paella pan or cast-iron skillet on the grill for 3 minutes. Add oil and onion and cook, stirring, until the onion is translucent, about 3 minutes. Add tomato, paprika and salt. Cook, stirring, for 1 minute. Add rice and cook, stirring, for 2 minutes. Add wine and bring to a simmer.

5. Stir in 4½ cups of the warm stock and saffron; cook at a lively simmer, without stirring, for 10 minutes. Stir in the remaining 1 cup stock and arrange the lobster pieces around the pan. Cook, without stirring, until the rice is tender, 7 to 8 minutes. Serve garnished with parsley and lemon wedges, if desired.

SERVES 8: ¾ cup rice & ½ oz. lobster meat each **Cal** 219 **Fat** 9g (sat 1g) **Chol** 28mg **Carbs** 24g **Total sugars** 1g (added 0g) **Protein** 9g **Fiber** 1g **Sodium** 487mg **Potassium** 386mg.

STYLING: JENNI RIDALL

SAVING STONE ACRES

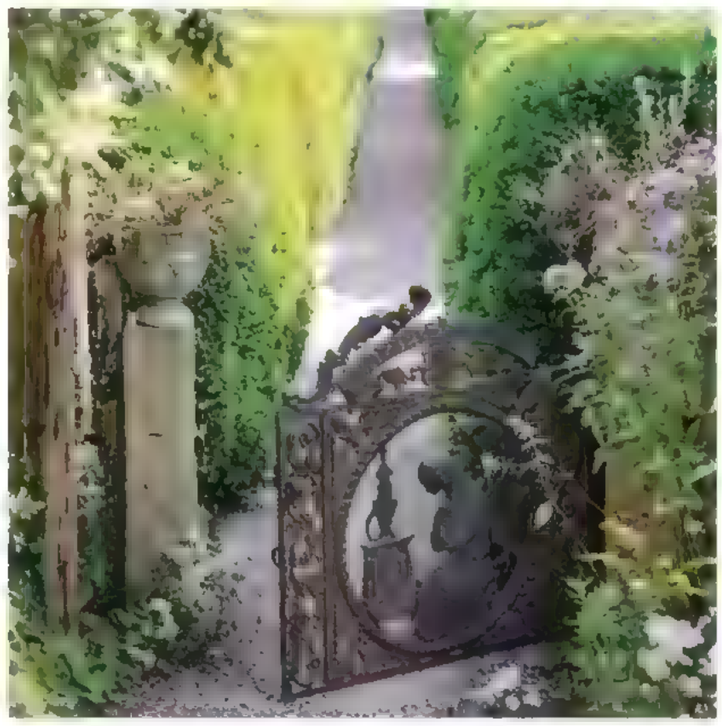
Visitors to Stone Acres can snap up fresh produce, eggs and flowers at the farmstand *(right)*. One of the farm's teaching gardens, pictured here, is surrounded by boxwood hedges that were planted in the mid-1800s.

Yes, they grow some of the best produce around. But Jane Meiser and her restaurateur husband, Dan *(above)*, have done so much more with their 255-year-old family farm, creating a place for fine dining, education and community—reimagining what a sustainable farm business can be.

BY PRIYA KRISHNA

RECIPES BY THE 85TH DAY FOOD COMMUNITY TEAM

PHOTOGRAPHY BY MATTHEW BENSON



Jane Meiser has vivid memories of childhood summers spent at her family's 65-acre farm in Stonington, Connecticut—running through cornfields, jumping over cattle guards, picking raspberries from the bushes for her grandmother's jellies while sneaking samples—just like the many generations that came before her.

She never imagined that a few decades later, she would own the place with her husband, restaurateur Dan Meiser, and have turned the farm into its own self-sustaining compound, complete with an event space, farmstand and nonprofit education center.

But the most exciting way that the Meisers have transformed Stone Acres Farm, which dates back to 1765, might just be the farm's new zoning designation. Yes, you read that right: a zoning designation. This bit of city planning has been a game-changer because it permits the farm to have a range of uses and therefore revenue streams—allowing the Meisers to keep Jane's family legacy alive. And it sets a precedent for others to do the same with their land.

A decade ago, after Jane's grandmother passed away, her family decided to sell the farm. There were offers, but no one wanted the property to go to a big developer. And it sat on the market for six years—until the Meisers, who run four restaurants in the area, realized that their dream business venture had been right in front of them the whole time. They would create a space for people to come and eat, drink, stay, shop and learn on the farm.

The Meisers assembled investments from family members, neighbors and regulars at their restaurants, all of whom "recognized that this is a preservation project first," says Dan.

But it wasn't until after the property was theirs that they realized their grand plan had hit a major snag: because the farm was in a residential zone, only very limited commercial

Summer means lots of heat-loving veggies, like eggplant and peppers. A farmstand favorite is the orange Habanada pepper *(above, bottom right)*; it carries the floral, fruity notes of habanero peppers, without the fire.

activity was allowed.

"This is why so many farms get sold," Dan explains. People can't bring in enough revenue from crops alone to cover the tremendous operating costs. So, in 2016, the Meisers collaborated with the town of Stonington and devised a new floating zone called the Agricultural Heritage District, which grants low-impact commercial activity on historic farms. The "floating" designation means an eligible property can be in an otherwise-zoned district as long as its master plan fits the AHD criteria. To qualify, farms must be 35 acres or larger, have been in continual operation for at least 25 years, and all of their various businesses must tie directly back to local agricultural activity—a clever way of supporting the community.

A major benefit of this system, of course, is the delicious food it brings. "We have extraordinary product popping out of the ground," Dan says of their crops, from tender Japanese eggplants to sweet carrots. Every dish served at farm dinners and events couples the food grown at Stone Acres with that of other local producers. Sea bass caught nearby is dressed in caper butter and served with the farm's corn and tomatoes. Corn on the cob is brushed with a flavorful compound butter made with shiitakes from nearby Seacoast Mushrooms. "It is a win-win for everybody involved," says Dan. "It is a win for flavor and a win for your local economy."

The Meisers hope their experience can be a model that helps keep other American farms alive. "It is so easy to sell farm properties to be developed," Dan notes, "but by creating an Agricultural Heritage District you can give them the opportunity to be creative and do more than just sell corn at a farmstand or raise cattle for beef." While their farmstand is an integral piece of Stone Acres, they also host weddings, farm dinners and food events like a BBQ and bluegrass festival and clambake movie nights. And kids can learn about food and farming at The Yellow Farmhouse Education Center. Jane says that the Stonington planning department has already started to have conversations with different towns across New England about how this zoning designation can be applied elsewhere.

Growing up so connected to the land, she adds, has helped her to understand the positive impact that farms like her family's can have on the community. "We are all connected in this one big living system," says Jane. "Stone Acres might be a small farm, but it's all the little footprints sewn together that make the larger impact. If we can figure out how to be successful and solvent enough, hopefully others, the little footprints, can join."

PRIYA KRISHNA'S *cookbook* Indianish *is a best seller. She's a food reporter for* The New York Times.

THE 85TH DAY FOOD COMMUNITY TEAM *is Dan Meiser's restaurant group in Mystic, Connecticut.*

Roasted Eggplant & Tomato Salad with Caramelized Lemon Dressing

ACTIVE: 25 min **TOTAL:** 50 min

When tomatoes and eggplant come into season, the Stone Acres team combines them in as many ways as possible. This salad is a celebration of these two vegetables. Caramelizing the lemon halves and squeezing their juice into the vinaigrette adds a level of depth you just wouldn't get from straight-up lemon juice. Serve with grilled bread so you can enjoy every bit of the delicious dressing.

- **1 large *or* 2 medium eggplants (1½ pounds total), halved lengthwise**
- **5 tablespoons extra-virgin olive oil, divided**
- **Pinch of salt plus ¼ teaspoon, divided**
- **¼ cup pine nuts**
- **1 teaspoon granulated *or* brown sugar**
- **1 lemon, halved**
- **2 tablespoons reduced-sodium tamari *or* shoyu**
- **½ teaspoon ground pepper**
- **2 large ripe heirloom tomatoes (about 1½ pounds total), cut into ½-inch pieces**
- **2 tablespoons torn fresh mint**
- **½ serrano pepper, seeded and finely diced**

1. Preheat oven to 350°F.

2. Brush the cut sides of eggplant with 2 tablespoons oil. Sprinkle with a pinch of salt. Place, cut-side down, on a baking sheet. Roast until tender, 30 to 35 minutes. Let cool for 10 minutes.

3. Meanwhile, toast pine nuts in a small nonstick skillet over medium high-heat, stirring often, until golden and fragrant, about 3 minutes. Transfer to a small bowl and set aside.

4. Place sugar in a shallow dish and dip the cut side of each lemon half in it. Place the lemon halves, cut-side down, in the skillet and cook over medium heat until the sugar is caramelized, about 4 minutes. Transfer the lemon halves to a cutting board to cool and scrape the caramelized juice from the pan into a large bowl.

5. When the lemon halves are cool enough to handle, squeeze the juice into the bowl. Whisk in the remaining 3 tablespoons oil and ¼ teaspoon salt, tamari (or shoyu) and pepper.

6. Cut the eggplant into ½-inch pieces and add to the dressing. Gently fold in tomatoes, mint, serrano and the reserved pine nuts.

SERVES 6: 1 cup each

Cal 195 **Fat** 16g (sat 2g) **Chol** 0mg **Carbs** 12g **Total sugars** 6g (added 1g) **Protein** 3g **Fiber** 4g **Sodium** 361mg **Potassium** 460mg.

ROASTED EGGPLANT & TOMATO SALAD WITH CARAMELIZED LEMON DRESSING

SOCCA WITH CRISPY POTATOES & SCALLION-ZA'ATAR RELISH

STYLING: NORA SINGLEY (FOOD); ED GALLAGHER

Socca with Crispy Potatoes & Scallion-Za'atar Relish

ACTIVE: 30 min **TOTAL:** 30 min

The chickpea pancake that hails from Provence, socca, is a simple canvas for bold flavors. This one is served with sliced potatoes, fried golden brown, and a bright scallion relish, but you can top socca with just about anything. Serve with a knife and fork, or tear off pieces and eat it with your hands.

- **1 cup chickpea flour** *(see Tip, page 101)*
- **6 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon salt, divided**
- **1 cup water**
- **½ cup thinly sliced scallions**
- **1 tablespoon champagne vinegar**
- **1 clove garlic, smashed**
- **6 ounces new *or* small baby potatoes, scrubbed and sliced ⅛ inch thick**
- **1 tablespoon za'atar**

1. Combine chickpea flour, 1 tablespoon oil and ⅛ teaspoon salt in a large bowl. Gradually add water, whisking to make a smooth batter. Let stand for 10 minutes.

2. Meanwhile, combine scallions, vinegar, 1 tablespoon oil and ⅛ teaspoon salt in a small bowl. Set aside.

3. Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add garlic, then potatoes; cook, flipping occasionally, until golden brown and tender, 6 to 9 minutes. Transfer to a medium bowl and season with za'atar and the remaining ¼ teaspoon salt.

4. Heat 1½ teaspoons oil in the pan over medium-high heat. Add one-fourth of the socca batter (about ⅓ cup) in the center; it should spread out to a thin 6- to 7-inch pancake. Cook until well browned on the bottom and crisp, 2 to 3 minutes. (Reduce heat, if necessary, to prevent burning.) Flip and cook just until lightly browned on the second side, 1 to 2 minutes. Transfer to a plate. Using 1½ teaspoons oil for each socca, repeat 3 more times with the remaining batter. Serve the socca with the potatoes and scallion relish.

SERVES 4: 1 socca, ¼ cup potatoes & 2 Tbsp. relish each

Cal 318 **Fat** 23g (sat 3g) **Chol** 0mg **Carbs** 22g **Total sugars** 3g (added 0g) **Protein** 6g **Fiber** 4g **Sodium** 381mg **Potassium** 438mg.

Grilled Sea Bass with Charred Tomato & Corn Salad

ACTIVE: 50 min **TOTAL:** 50 min

Black sea bass is plentiful in the Atlantic near Stonington, Connecticut. Paired with a charred tomato-and-corn salad and served with a lip-smacking beurre blanc, the dish screams summer. The key to the sauce not breaking is to slowly melt the butter into it—if it happens too quickly, move the pan off the heat while you whisk, returning it to low heat as needed.

- **2 tablespoons dry white wine**
- **1 small shallot, minced**
- **6 tablespoons cold unsalted butter, cut into 6 pieces**
- **1 tablespoon capers, rinsed**
- **1 tablespoon chopped fresh herbs, such as tarragon, chives *and/or* parsley**
- **4 ears corn with husks**
- **1¼ pounds sea bass, halibut *or* cod fillet, cut into 4 portions**
- **2 large tomatoes, quartered**
- **2 tablespoons extra-virgin olive oil**
- **¾ teaspoon salt, divided**
- **¼ teaspoon ground pepper plus ⅛ teaspoon, divided**
- **1 tablespoon lemon *or* lime juice**

1. Preheat grill to high.

2. Combine wine and shallot in a small saucepan. Cook over medium heat until reduced by half, 3 to 4 minutes. Reduce heat to the lowest setting. Slowly add butter, 1 piece at a time, whisking constantly until melted before adding the next piece. Remove from heat. Stir in capers and herbs. Cover to keep warm.

3. Pull back cornhusks, remove the silk and fold the husks back over the cobs. Brush fish and tomatoes with oil and sprinkle with ½ teaspoon salt and ¼ teaspoon pepper.

4. Oil the grill rack. Reduce heat to medium-high. Grill the corn, turning occasionally, until the kernels are tender, about 10 minutes. Grill the fish until it just flakes, about 5 minutes per side. Grill the tomatoes until charred, about 2 minutes per side.

5. Cut the tomatoes into ½-inch pieces and place in a medium bowl. Cut the kernels from the cobs. Add the corn, lemon (or lime) juice and the remaining ¼ teaspoon salt and ⅛ teaspoon pepper to the tomatoes; toss to coat. Serve the fish with the sauce and salad.

SERVES 4: 4 oz. fish, 1¼ cups salad & 2 Tbsp. sauce each

Cal 476 **Fat** 29g (sat 13g) **Chol** 107mg **Carbs** 24g **Total sugars** 9g (added 0g) **Protein** 32g **Fiber** 3g **Sodium** 582mg **Potassium** 908mg.

Honey Cornmeal Cake

ACTIVE: 20 min **TOTAL:** 1½ hrs
TO MAKE AHEAD: Store at room temperature for up to 2 days.
EQUIPMENT: 8-inch-square baking pan, parchment paper

*If you've been eyeing local cornmeal at your farmers' market, snap it up to make this cake. Cornmeal is ground from hard dried field corn (not the same type you nibble off the cob). And when it's freshly milled, it tastes—apologies in advance—*cornier *than what you can typically buy at the grocery store. This recipe was created to showcase the cornmeal from Davis Farm in Stonington, which has been growing the same variety of flint corn since the late 1600s. Serve with macerated berries or whipped cream.*

- **½ cup white whole-wheat flour**
- **6 tablespoons all-purpose flour**
- **6 tablespoons cornmeal**
- **1½ teaspoons baking powder**
- **½ teaspoon ground cinnamon**
- **¼ teaspoon baking soda**
- **¼ teaspoon salt**
- **½ cup granulated sugar**
- **½ cup honey, warmed**
- **¼ cup canola *or* avocado oil**
- **2 large eggs**
- **1 teaspoon grated orange zest**
- **½ cup orange juice**

1. Preheat oven to 325°F. Coat an 8-inch-square baking pan with cooking spray. Line the bottom with parchment paper and coat the paper with cooking spray.
2. Whisk whole-wheat flour, all-purpose flour, cornmeal, baking powder, cinnamon, baking soda and salt in a medium bowl.
3. Beat sugar and honey in the bowl of a stand mixer fitted with the paddle attachment (or in a large bowl with a hand mixer) until combined. Slowly add oil and beat until combined, scraping down the sides as necessary. Add eggs and orange zest; beat until fully combined. Alternately add the dry ingredients and orange juice, scraping the sides frequently. Scrape the batter into the prepared pan.
4. Bake the cake until golden brown and the center is set, 30 to 35 minutes. Let cool in the pan on a wire rack for 10 minutes. Invert onto the rack, remove the pan and let cool completely, about 25 minutes more.
SERVES 8: 1 piece each
Cal 267 **Fat** 8g (sat 1g) **Chol** 47mg **Carbs** 46g **Total sugars** 31g (added 30g) **Protein** 4g **Fiber** 2g **Sodium** 224mg **Potassium** 94mg.

Grilled Corn with Mushroom-Miso Butter

ACTIVE: 35 min **TOTAL:** 55 min
TO MAKE AHEAD: Refrigerate mushroom butter (Steps 2 & 4) for up to 3 days. Bring to room temperature before serving.

Grilling corn concentrates its sweetness and gives it a nice smoky flavor, which pairs wonderfully with the compound butter's triple punch of umami from mushrooms, miso and Parmesan.

- **4 ounces shiitake mushrooms (2 cups), stems trimmed, coarsely chopped**
- **1 tablespoon white miso**
- **8 ears corn, husked**
- **4 tablespoons (½ stick) unsalted butter, softened**
- **⅛ teaspoon salt**
- **½ cup grated Parmesan cheese**
- **¼ teaspoon crushed red pepper**

1. Preheat grill to high.
2. Combine mushrooms and miso in a small saucepan. Cook over low heat, stirring often, until the mushrooms soften into the miso, 6 to 10 minutes. Let cool to room temperature, about 20 minutes.
3. Meanwhile, oil the grill rack. Grill corn, turning occasionally, until tender and lightly browned, about 10 minutes. Let cool to room temperature, about 15 minutes.
4. Combine butter and the mushroom mixture in a food processor. Process until smooth. *(Alternatively, mash with a fork in a small bowl.)* Season with salt.
5. Spread some of the mushroom-miso butter onto each ear of corn. Sprinkle with Parmesan and crushed red pepper.
SERVES 8: 1 ear corn & 1 Tbsp. butter each
Cal 168 **Fat** 9g (sat 5g) **Chol** 20mg **Carbs** 22g **Total sugars** 7g (added 0g) **Protein** 6g **Fiber** 3g **Sodium** 211mg **Potassium** 330mg.

STYLING: NORA SINGLEY (FOOD), ED GALLAGHER (PROPS)

Scan with your phone's camera for more summer corn recipes.

GRILLED CORN WITH MUSHROOM-MISO BUTTER

A Filipino

Ensaladang Mais, page 96

Kaning Dilaw, page 98

Sinigang Poke, page 98

Lumpiang Sariwa, page 94

Feast

For laid-back gatherings this summer, do as Yana Gilbuena does and cook up a kamayan meal, where it's all about bold flavors, a variety of dishes—from lumpiang to pineapple flan—and eating with your hands.

By Lucy M. Clark

RECIPES BY YANA GILBUENA

PHOTOGRAPHY BY JENNY HUANG

Chicken Inasal, page 98

The first—and only—time one of Yana Gilbuena's guests asked for a fork and knife, it didn't sit well with the chef.

She had just given her spiel about the Filipino tradition of eating only with your hands to 80 pop-up diners eagerly awaiting the forthcoming feast at a church in Washington, D.C. But in the kitchen, news that a man was insisting on utensils put an abrupt halt to her meal preparations. She would go speak to him personally.

In 2014, the Filipino-born Gilbuena made it her mission to spread the gospel of her native food—hosting kamayan-style pop-up feasts in all 50 states, plus the nation's capital. Kamayan, or the act of eating with your hands, is the Filipino way of dining communally without plates or utensils. Instead, mounds of rice, sawsawan (dipping sauces), atchara (Filipino pickles) and multiple main dishes—from salads to grilled meats, veggies or fish—are spread across banana leaves on the table. "It was my way to challenge the constructs of Western definitions of dining," Gilbuena says. "Kamayan decolonizes Filipino food: it embraces what we were made to feel ashamed of [eating with our hands], reclaims the heritage we were made to shun for Western ideals, and goes back to our roots."

For Gilbuena, who moved to the U.S. from the Philippines in 2004, cooking has always been about introducing as many people as possible to her culture. "Most of the time, when people feature Filipino food, it's in these metropolitan cities: New York, Los Angeles, San Francisco," she says. "Well, what about the folks in Kentucky? Or Maine? Do they have to travel to New York just to get a taste? I said, f--k it. I'll just go bring it to them!"

But she also considers her food to be an act of resistance and rebellion. When Spain colonized the Philippines in 1565, its influence settled over the islands like a ton of bricks. And although the country gained its independence in 1898, the rubble still remains today, evident in everything from the religion and culture to the food. So Gilbuena makes a point to serve dishes that are as precolonial or Indigenous-inspired as possible.

Take Chicken Inasal, for example. This marinated chicken dish hails from Negros (the island Gilbuena was born on) and stars ingredients like calamansi—a Filipino citrus fruit—and oil infused with annatto seeds, which come from native trees. One Spanish-influenced dish she makes an exception for? Flan. "I have a very fond memory of flan, because my grandmother used to make me eat my vegetables by hiding them in it!" Gilbuena laughs.

Back to that D.C. pop-up. Gilbuena recalls telling the stubborn diner that he could eat with his hands—or he could leave and she'd refund his money. (He chose the former.) "It was funny because he was Filipino!" Gilbuena exclaims. "I was like, 'Dude, that colonial mentality is buried in there really deep!'" When Gilbuena's U.S. tour ended, she barely caught her breath before bringing her pop-ups to cities across Canada, then Colombia, Mexico, Australia and, most recently in 2019, to Europe. Her travels are on pause due to the COVID-19 pandemic, but the recipes that follow will help you create a kamayan feast at home—no forks allowed.

Ensaladang Ubod, page 96

Feasting, Kamayan-Style

How to set up the beautiful spread on pages 90-91.

1 Cover your table with butcher paper or newspaper to protect it, then top with banana leaves (look for them at Asian and Latin markets). Start at the outer edges of the table and work your way toward the center, making sure to lay them down with the shiny, ridged side up. Trim any overhanging banana leaves so the edges are flush with the table.

2 Shape the rice along the middle of the table or put scoops of rice in the center.

3 Arrange dishes on and in between the rice. Things you can easily pick up—like Chicken Inasal and Ensaladang Ubod—can go on top of and next to the rice. Others can be contained in a variety of ways. Scoop salads into hollowed-out pineapple halves, coconut cups or large, sturdy leaves like cabbage; you can also create "dams" for them with various fruits and vegetables.

4 This should go without saying, but have your guests wash their hands before coming to the table. Folks should serve themselves with their nondominant hand and eat with their dominant hand.

5 If you want to take extra COVID precautions, use the banana leaves like place mats and create individual kamayan-style spreads.

6 To eat, use a technique that Gilbuena calls "Pick, Pack and Push": "Pick" up some rice and veggies or meat, "pack" it into a bite-size ball with your fingers and then use your thumb to "push" it in your mouth.

Lumpiang Sariwa (Fresh Spring Rolls)

ACTIVE: 55 min **TOTAL:** 1 hr 25 min

These spring rolls (sariwa means fresh in Tagalog) were first introduced to the Philippines by Chinese immigrants and traders. They usually consist of vegetables, meat or seafood, rolled up in lettuce and a thin wrapper.

WRAPPERS

- **1 cup white whole-wheat flour**
- **1 cup all-purpose flour**
- **⅛ teaspoon salt**
- **2 large eggs**
- **2 cups water**
- **1 tablespoon canola *or* coconut oil**

FILLING

- **1 tablespoon canola *or* coconut oil**
- **¼ cup sliced red onion**
- **2 cloves garlic, coarsely chopped**
- **8 ounces extra-firm tofu, drained, patted dry and cut into ¼-inch cubes**
- **1 cup julienned rinsed canned hearts of palm**
- **1 small carrot, julienned**
- **½ cup low-sodium vegetable *or* chicken broth**
- **1 tablespoon fish sauce *(see page 96)* *or* coconut aminos**
- **¼ teaspoon granulated sugar**
- **½ teaspoon ground pepper**
- **⅛ teaspoon salt**
- **3 cups shredded green cabbage**

SAUCE & GARNISH

- **½ cup low-sodium vegetable *or* chicken broth**
- **¼ cup packed brown sugar**
- **1 tablespoon reduced-sodium soy sauce**
- **1½ teaspoons minced garlic**
- **2½ teaspoons cornstarch mixed with 2 tablespoons water**
- **8 leaves lettuce, halved if large**
- **Fried garlic *(see Tip, opposite)* & crushed unsalted roasted peanuts for garnish**

1. To prepare wrappers: Whisk whole-wheat flour, all-purpose flour and salt in a medium bowl. Make a well in the center and crack eggs into it. Using a whisk, gradually incorporate the flour into the egg. Gradually whisk in water. Cover and let rest for 30 minutes.

2. Whisk oil into the batter. Use a piece of oil-soaked paper towel to oil a 9-inch crêpe pan or medium nonstick skillet. Place over medium heat. Using about ⅓ cup batter for each wrapper, ladle batter into the middle of the pan (*above left*). Immediately tilt and rotate the pan to spread the batter to the edges. Cook until set, about 30 seconds. Loosen the edges with a spatula and carefully flip (*above right*) and cook for another 30 seconds. Transfer to a plate and cover with a clean kitchen towel to keep warm. Repeat with the remaining batter.

3. To prepare filling: Heat oil in a large skillet over medium-high heat. Add onion and chopped garlic and cook, stirring often, until lightly browned, about 2 minutes. Add tofu, hearts of palm and carrot; cook, stirring occasionally, for 2 minutes. Add broth, fish sauce (or coconut aminos), granulated sugar, pepper and salt. Place cabbage on top. Cover and cook until the cabbage is tender and the liquid has evaporated, about 8 minutes.

4. Meanwhile, prepare sauce: Combine broth, brown sugar, soy sauce and minced garlic in a small saucepan. Bring to a simmer. Whisk in cornstarch mixture and cook, whisking, until thickened, 1 to 2 minutes. Let cool.

5. To serve: Top each wrapper with a lettuce leaf and ½ cup filling. Roll the wrapper around the filling, tucking in the edges as you roll (*right*). Serve with the sauce and fried garlic and peanuts, if desired.

SERVES 8: 1 wrap & 1½ Tbsp. sauce each
Cal 221 **Fat** 6g (sat 1g) **Chol** 41mg **Carbs** 33g **Total sugars** 9g (added 7g) **Protein** 8g **Fiber** 3g **Sodium** 405mg **Potassium** 665mg.

Fried Garlic & Shallots

You can find these pre-made at Asian markets and online. To make your own, heat ¼ cup canola or avocado oil in a small skillet over medium heat. Add thinly sliced garlic cloves or shallots and cook, stirring often, until golden and crispy, about 2 minutes for garlic or 3 to 4 minutes for shallots. Using a slotted spoon, transfer to a paper-towel-lined plate to drain. Refrigerate any leftover flavored oil to use in savory recipes.

The Kamayan Pantry

Find these ingredients in well-stocked supermarkets, Asian or Latin markets or online.

ATSUETE OIL: Also called annatto or achiote oil, this red oil adds color and nutty flavor to recipes. To make your own, steep 2 Tbsp. annatto seeds in ¼ cup hot canola or coconut oil for 30 minutes. Strain and discard the seeds.

CALAMANSI JUICE: A tart and floral relative of the kumquat, calamansi is the predominant citrus used in Filipino cooking. Look for the juice bottled or frozen. Lime or lemon juice can be substituted.

COCONUT CREAM: Thicker and richer than coconut milk, coconut cream is the solid part that rises to the top of canned coconut milk. It's also sold separately. Skip anything labeled cream of coconut, which is sweetened and used to make things like cocktails.

COCONUT VINEGAR: Made from the nectar of flowers from the coconut tree, this mild vinegar has a slightly sweet, coconutty aftertaste. It's a staple throughout Southeast Asia and parts of India. Use it in marinades and dressings or to make pickled vegetables.

FISH SAUCE: This is the ultimate umami sauce. Gilbuena recommends seeking out one made with just anchovy, salt and water for the best flavor.

GINISANG BAGOONG: This fermented seafood paste, part of a family of Filipino secret-weapon condiments, gets its brown hue from sautéed garlic and onion. You can use fish sauce instead for a similar vibe.

TAMARIND: Filipinos' go-to souring agent is tamarind. This tropical tree produces a sour-sweet fruit in a brown pod, with edible pulp. It's often sold in concentrate or pulp form. You can make your own "concentrate" by mixing ¼ cup pulp and 1 cup hot water in a medium bowl. Let stand for 20 minutes. Break up the paste and mix it with the water with a fork. Pass the mixture through a fine sieve set over a bowl, pressing against the solids and scraping the underside of it to collect as much of the pulp as possible. Discard solids.

Ensaladang Ubod (Hearts of Palm Salad)

ACTIVE: 25 min **TOTAL:** 25 min

Ubod, or hearts of palm, are the edible pith of the coconut tree. Gilbuena considers this ingredient to be a great example of how Filipino cuisine honors a plant by using as many parts as possible. (Photo: page 92.)

- ⅓ cup coconut cream *(see above)*
- ¼ cup calamansi juice *(see above) or* lime juice
- ¼ cup coconut vinegar *(see above) or* cider vinegar
- 2 teaspoons fish sauce *(see above)*
- 1 14-ounce can hearts of palm, rinsed and cut into matchsticks
- 1 cup diced tomato
- ½ cup sliced shallots *or* red onion
- 2 Thai chiles, coarsely chopped
- 8 small leaves Boston lettuce *or* endive
- 1 scallion, sliced
- 1 tablespoon fried garlic *(see Tip, page 95)*
- 1 tablespoon fried shallots *(see Tip, page 95)*

Whisk coconut cream, calamansi (or lime) juice, vinegar and fish sauce in a large bowl. Add hearts of palm, tomato, shallots (or onion) and chiles. Toss to combine. Using a slotted spoon, transfer the salad onto lettuce leaves (or endive) and garnish with scallion, fried garlic and fried shallots.

SERVES 4: ¾ cup each

Cal 133 **Fat** 3g (sat 3g) **Chol** 0mg **Carbs** 20g **Total sugars** 13g (added 0g) **Protein** 1g **Fiber** 1g **Sodium** 373mg **Potassium** 400mg.

Ensaladang Mais (Grilled Corn Salad)

ACTIVE: 30 min **TOTAL:** 30 min

The Spanish introduced the cultivation of corn to the Filipino island of Cebu in the 1700s. This propelled the vegetable to staple status not just in that province, but throughout the country. (Photo: page 90.)

- 4 ears corn, husked
- 1 tablespoon canola oil
- ¼ cup coconut vinegar *(see above) or* cider vinegar
- 2 tablespoons granulated sugar
- 1 tablespoon ginisang bagoong *or* fish sauce *(see above)*
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2 plum tomatoes, diced
- 1 medium onion, diced
- 1 medium green bell pepper, diced
- 1 jalapeño pepper, minced
- 1 teaspoon chopped peeled fresh ginger

1. Preheat oven to 425°F.
2. Place corn on a rimmed baking sheet and coat with oil. Roast until lightly browned, 15 to 20 minutes. Transfer to a cutting board to cool.
3. Whisk vinegar, sugar, ginisang bagoong (or fish sauce), salt and pepper in a large bowl.
4. Cut the kernels from the cobs. Add to the dressing along with tomatoes, onion, bell pepper, jalapeño and ginger. Toss to combine.

SERVES 4: 1¼ cups each

Cal 185 **Fat** 7g (sat 1g) **Chol** 4mg **Carbs** 32g **Total sugars** 16g (added 7g) **Protein** 5g **Fiber** 4g **Sodium** 204mg **Potassium** 454mg.

Pinya Flan (Roasted Pineapple Flan)

ACTIVE: 30 min **TOTAL:** 1½ hrs

TO MAKE AHEAD: Refrigerate for up to 1 day.

When the Spanish colonized the Philippines, they established the epic global trade route known as the Manila Galleon, linking Acapulco and Manila. Plants and products shipped from Mexico included the pineapple. It quickly flourished throughout the Philippines and many pineapple-based dishes were created, including this flan, also introduced by the colonizers.

- 1 cup diced fresh pineapple, plus more for serving
- 1 cup granulated sugar
- 6 large egg yolks
- 1 14-ounce can sweetened condensed milk
- ¾ cup evaporated milk
- ½ teaspoon vanilla extract

1. Preheat oven to 425°F.
2. Spread pineapple on a baking sheet. Roast, stirring once halfway, until caramelized, 15 to 20 minutes. Let cool for 10 minutes.
3. Meanwhile, place an 8-inch-square glass baking dish by the stove. Place sugar in a medium saucepan and cook over medium heat, swirling occasionally, until it's amber-colored, about 10 minutes. Immediately pour into the baking dish. Tilt to coat the bottom.
4. Reduce oven temperature to 375°F. Put a kettle of water on to boil for a water bath.
5. Combine the pineapple, egg yolks, condensed milk, evaporated milk and vanilla in a blender. Blend until smooth. Pour into the baking dish. (The caramel may crack when you add the custard: that's normal.)
6. Place the baking dish in a larger pan. Pour in enough boiling water to come halfway up the sides of the baking dish. Bake the flan for 30 minutes. Reduce oven temperature to 350° and bake until a toothpick inserted in the center comes out clean, about 15 minutes more. Let the flan cool in the water bath on a rack for about 20 minutes.
7. Run a knife around the edges and invert the flan onto a cutting board. Cut into 12 squares and serve with more pineapple, if desired.

SERVES 12: 1 piece each

Cal 231 **Fat** 7g (sat 4g) **Chol** 112mg **Carbs** 36g **Total sugars** 36g (added 24g) **Protein** 6g **Fiber** 0g **Sodium** 78mg **Potassium** 238mg.

STYLING: TYNA HOANG (FOOD), SOPHIE LENG (PROPS)

Pinya Flan

Sinigang Poke

ACTIVE: 55 min **TOTAL:** 55 min

Throughout the Philippines, the tamarind plant—its flowers, leaves and fruit—is used in an array of dishes. But the most popular is a soup called sinigang. Legend has it that after typhoons, the islands' Indigenous people would gather the fish that had been washed ashore, and the tamarind fruit that had fallen from the trees, and make soup. Hence, sinigang was born. Gilbuena created this dish while doing her pop-up in Hawaii, using tamarind to flavor poke. To make a vegan version, use coconut aminos in place of fish sauce and diced tomatoes or roasted beets or eggplant for the fish. (Photo: page 90.)

- **1½ pounds skinless salmon fillet, cut into ½-inch cubes**
- **3 tablespoons toasted sesame oil**
- **1½ tablespoons minced peeled fresh ginger**
- **3 makrut lime leaves, thinly sliced, *or* 1 tablespoon lime *or* lemon zest**
- **3 long green peppers, such as Cubanelle**
- **¾ cup tamarind concentrate *(see page 96)***
- **1 tablespoon citric acid *or* ¼ cup lime juice**
- **2 tablespoons fish sauce *(see page 96)***
- **1 tablespoon calamansi juice *(see page 96) or* lemon juice**
- **3 Thai chiles, seeded if desired, finely chopped**
- **1 tablespoon coarsely ground pepper**
- **1 cup cherry tomatoes, halved**
- **2 tablespoons chili oil**
- **¼ teaspoon salt**
- **¾ cup finely chopped red onion**
- **1 scallion, thinly sliced, white and green parts separated, divided**
- **1 head butter *or* romaine lettuce, leaves separated**
- **2 teaspoons furikake seasoning**
- **Flaky salt for serving**

1. Combine salmon, sesame oil, ginger and makrut lime leaves (or zest) in a medium bowl. Refrigerate, stirring once, for 30 minutes.

2. Meanwhile, position rack in upper third of oven and preheat broiler to high. Place green peppers on a baking sheet and broil, turning once, until the skins are blistered on all sides, about 6 minutes. Transfer to a small bowl and cover with plastic wrap. Let steam for 5 minutes. Remove skin and seeds and coarsely chop the peppers. Set aside.

3. Whisk tamarind concentrate, citric acid (or lime juice), fish sauce, calamansi (or lemon) juice, Thai chiles and ground pepper in a small bowl until smooth. Massage the mixture into the chilled salmon. Let stand for 5 minutes.

4. Combine tomatoes, chili oil and ¼ teaspoon salt in a medium bowl. Using a slotted spoon, transfer the salmon mixture to the bowl with the tomatoes (discard the tamarind marinade). Stir in red onion, scallion whites and the roasted peppers. Serve the poke in lettuce leaves and sprinkle with furikake, scallion greens and flaky salt, if desired.

SERVES 6: ¾ cup each

Cal 286 **Fat** 17g (sat 2g) **Chol** 52mg **Carbs** 9g **Total sugars** 3g (added 0g) **Protein** 25g **Fiber** 2g **Sodium** 262mg **Potassium** 652mg.

Chicken Inasal (Grilled Chicken)

ACTIVE: 40 min **TOTAL:** 8 hrs 40 min (including marinating time)

Gilbuena's hometown of Bacolod City is known for this dish. Native coconut vinegar and calamansi juice bring a distinct flavor and aroma, and atsuete oil adds vibrant color, as well as a nutty, peppery flavor. (Photo: page 91.)

CHICKEN

- **1 cup coconut vinegar *(see page 96) or* cider vinegar**
- **½ cup calamansi juice *(see page 96) or* lemon juice**
- **½ cup lemon-lime-flavored seltzer water**
- **¾ cup chopped fresh lemongrass**
- **¼ cup light brown sugar**
- **2 tablespoons minced garlic**
- **2 tablespoons minced fresh ginger**
- **1½ teaspoons ground pepper**
- **1 teaspoon salt**
- **3 pounds bone-in chicken pieces**
- **¼ cup atsuete oil *(see page 96)***

SAUCE

- **6 tablespoons coconut vinegar *(see page 96) or* cider vinegar**
- **2 teaspoons minced Thai chile**
- **2 teaspoons minced garlic**
- **2 teaspoons minced shallot**
- **½ teaspoon salt**
- **½ teaspoon ground pepper**

1. To prepare chicken: Whisk 1 cup vinegar, calamansi (or lemon) juice, seltzer, lemongrass, brown sugar, 2 tablespoons garlic, ginger, 1½ teaspoons pepper and 1 teaspoon salt in a large bowl. Reserve ½ cup of the marinade for basting. Add chicken to the bowl and massage the marinade into it. Cover the chicken and the reserved marinade and refrigerate separately for 8 hours.

2. When ready to cook, preheat half the grill to medium-high; leave the other half unheated. Whisk atsuete oil into the reserved basting marinade.

3. Remove the chicken from its marinade (discard that marinade). Cook the chicken on the unheated part of the grill for 20 minutes. Flip and cook, basting often with the reserved marinade, until an instant-read thermometer inserted in the thickest part without touching bone registers 165°F, 10 to 15 minutes more.

4. Meanwhile, prepare sauce: Whisk vinegar, chile, garlic, shallot, salt and pepper in a small bowl. Serve the chicken with the sauce.

SERVES 8: 3 oz. chicken & 1 Tbsp. sauce each

Cal 213 **Fat** 12g (sat 2g) **Chol** 96mg **Carbs** 5g **Total sugars** 3g (added 2g) **Protein** 20g **Fiber** 0g **Sodium** 297mg **Potassium** 282mg.

Kaning Dilaw (Golden Rice)

ACTIVE: 10 min **TOTAL:** 50 min

In the Philippines, rice is life. There's archaeological evidence of it being grown as early as 3400 B.C. Even so, rice was historically produced in limited quantities for spiritual rituals. Because of its associated luxury, rice was considered only for elite members of the tribe, given as tribute to chiefs. When Spanish colonists introduced plow technology, rice production increased and it became a staple for everyone. (Photo: page 90.)

- **4 cups water**
- **2 cups brown jasmine rice, rinsed**
- **1 cup coconut cream *(see page 96)***
- **2 tablespoons ground turmeric**
- **1 teaspoon salt**
- **¼ teaspoon coconut oil**
- **Fried garlic & sliced scallions for garnish *(see Tip, page 95)***

Combine water, rice, coconut cream, turmeric, salt and coconut oil in a large pot. Bring to a simmer over medium-high heat, stirring occasionally. Reduce heat to maintain a gentle simmer, cover and cook until the rice is tender and most of the liquid is absorbed, 40 to 45 minutes. Remove from heat and let stand for 5 minutes. Fluff the rice with a fork and serve garnished with garlic and scallions, if desired.

SERVES 8: ¾ cup each

Cal 226 **Fat** 7g (sat 6g) **Chol** 0mg **Carbs** 37g **Total sugars** 1g (added 0g) **Protein** 3g **Fiber** 2g **Sodium** 300mg **Potassium** 36mg.

Follow YANA GILBUENA on Instagram @saloseries to learn more about Filipino cooking and get information about upcoming events.

WELL SEASONED

SMARTS FROM OUR TEST KITCHEN

Seal the Deal

Our Test Kitchen put the latest vacuum sealers through their paces. Flip the page for our faves. **By Alex Loh**

Keeping It Fresh

Vacuum sealers make it easy to preserve the best of summer's bounty—or whatever else you want to stash away. Here's what to know before you buy.

How they work. When food is exposed to air, the chemical process of oxidation occurs and can change its flavor, nutrient content and color. (Imagine a cut avocado or apple turning brown.) Vacuum sealers remove air surrounding the food, creating a tight seal that combats oxidation and helps prevent spoilage once you refrigerate or freeze it.

Which type is right for you? There are two kinds of vacuum sealers. One uses bags that are heat-sealed by the machine once the air is removed. The other relies on containers where a pump expels air through the lid. Both preserve everything from produce and cooked grains to breads and meats—and can be used for marinating or fermenting. Opt for a bag sealer if you're into sous vide cooking or are short on storage space. The big upside about a container system is that they're reusable and more planet- and budget-friendly in the long run.

The Top Test Kitchen Picks

We examined seven of the latest vacuum sealers to see how well they kept avocado, spinach and strawberries fresh. The quality of the produce—two weeks later in the fridge and after a month in the freezer—was best in these winners.

Anova Precision Vacuum Sealer This easy-to-use machine has three basic functions—vacuum, pulse vacuum and seal. The pulse vacuum feature stood out in our tests: it lets you adjust the rate of air leaving the bag to avoid squeezing or bruising any delicate contents. Anova's sealing process was also quieter than other brands. ($80, *anovaculinary.com*)

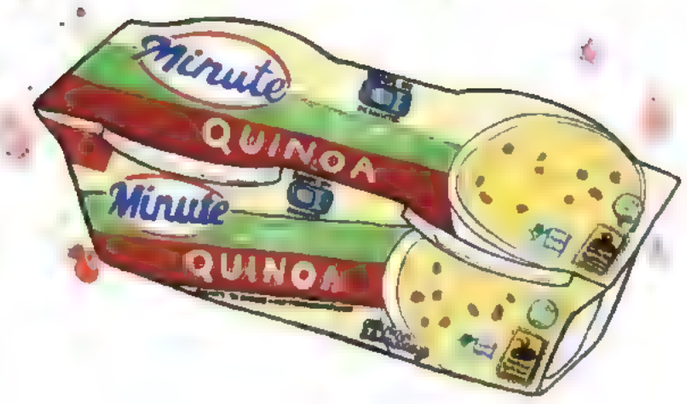
Zwilling Fresh & Save 7-Piece Vacuum Starter Set If you want the best of both types of sealers, go for this versatile set. It comes with two glass containers, four reusable vacuum bags (most other types are single-use) and a pump to remove air. Bonus: The containers are oven- and microwave-safe, so food can go from freezer to table. ($100, *zwilling.com*)

FoodSaver VS3150 An all-around workhorse, this vacuum sealer comes with two different bag options: zip-tops that allow you to remove air with a handheld sealer—great for foods you want to stash in the fridge or pantry—and bags that you create in custom sizes thanks to the appliance's built-in cutter bar and seal feature. ($164, *amazon.com*)

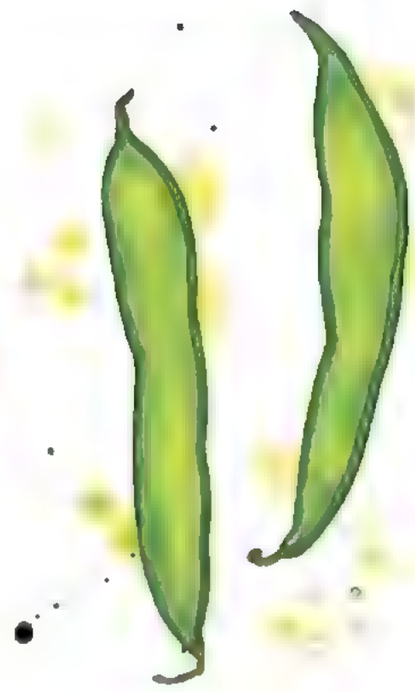
Scan with your phone's camera to shop our favorite sealers.

THIS PAGE & PREVIOUS: TED & CHELSEA CAVANAUGH; STYLING: NORA SINGLEY

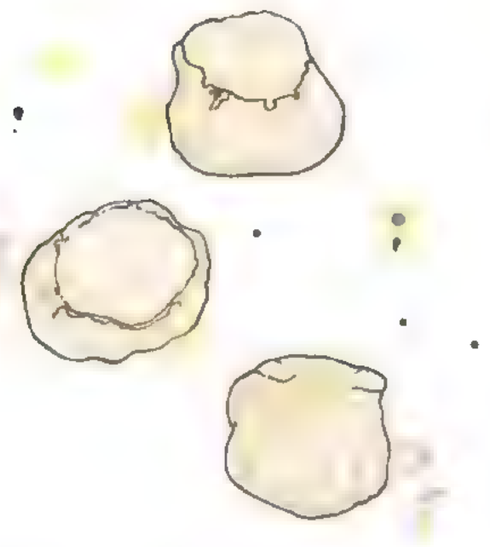
INGREDIENT ID



Ready-to-Eat Quinoa *(p.30)* A whole-grain-like seed native to South America, quinoa cooks up light and fluffy in about 15 minutes. Keeping shelf-stable packages of the fiber- and protein-packed side on hand is an easy way to speed up weeknight dinner prep. Find them in the grains section of well-stocked grocery stores.



Romano Beans *(p.79, 80)* A long, flat Italian cousin to string beans, Romanos can be 6 inches-plus in length and as wide as two to three string beans. Because of their size, they cook equally as well on the grill or under the broiler as they do in boiling water. Find them at farmers' markets this time of year or occasionally in the freezer aisle.



Dry Sea Scallops *(p.43)* These scallops, also known as "natural" scallops, are not treated with phosphates to add moisture. You can tell they're dry if they are slightly tan or vanilla in color, or ask your fishmonger to be sure. It's worth seeking them out for the caramelized sear they get (scallops soaked in phosphates tend to steam).

Chickpea Flour *(p.87)* Also labeled garbanzo bean flour, this finely ground legume is widely used in Mediterranean and Indian cooking. It's high in protein and fiber, packing 21 and 10 grams per cup, respectively. Once only available in specialty markets, you can find it in the gluten-free section of many grocery stores today.

ILLUSTRATIONS BY EMMA DIBBEN

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Chowdah This World

Clam and corn chowder is a staple in New England during the summer months. These four ingredients are the key to making it healthier—and faster—than the traditional cream-laden version, but just as luscious.
By Devon O'Brien

Waxy potatoes
Skip starchy potatoes, like russets, which would fall apart in this recipe—you want to be able to bite into a tender, recognizable piece of potato! That's why waxy kinds are the go-tos here (choose either yellow or red). These hold their shape well when cooked.

Canned chopped clams
Clams are one of the most sustainable seafood choices, according to Seafood Watch, and several canned brands have the Marine Stewardship Council Certification (look for their blue fish seal). Choosing canned saves you from having to shuck or steam fresh clams.

Corn on the cob
In addition to being more plump than frozen corn, the fresh stuff has the added benefit of coming with the flavorful cobs. We throw them in while the soup simmers so all that sweet starch gets extracted, giving the chowder more depth.

Whole milk
Most chowder recipes call for heavy cream to, ahem, make it *creamy.* To lighten things up, we opt for whole milk instead, which still packs in a lot of richness while saving you more than 220 calories per serving.

Clam & Corn Chowder

ACTIVE: 30 min **TOTAL:** 45 min

- **2 ears corn, husked**
- **2 strips bacon, chopped**
- **2 tablespoons butter**
- **2 cups diced onion**
- **1 cup diced celery**
- **3 cloves garlic, minced**
- **2 sprigs fresh thyme**
- **1 bay leaf**
- **⅓ cup white whole-wheat flour**
- **3 6.5-ounce cans chopped clams, drained, juices reserved**
- **2 cups clam juice**
- **4 cups diced waxy potatoes, such as yellow *or* red**
- **2 cups whole milk**
- **½ teaspoon ground pepper**
- **⅛ teaspoon salt**

1. Cut kernels from corn cobs. Reserve the cobs.
2. Add the corn kernels and bacon to a large pot. Cook over medium-high heat, stirring occasionally, until the bacon is crisp and the corn starts to brown, about 6 minutes. Using a slotted spoon, transfer the bacon and corn to a small bowl.
3. Add butter, onion, celery, garlic, thyme and bay leaf to the pot. Reduce heat to medium and cook, stirring occasionally, until the vegetables are soft, about 3 minutes. Sprinkle flour over the vegetables and cook, stirring, for 1 minute. Stir in juices from the cans, clam juice and the reserved corncobs. Cook, stirring occasionally, until thickened, 1 to 2 minutes. Add potatoes and bring to a boil. Reduce heat to maintain a simmer; cover and cook until the potatoes are tender, 12 to 15 minutes. Discard the corncobs, thyme sprigs and bay leaf.
4. Stir in clams, milk, pepper and salt. Add half of the reserved bacon and corn. Cook, stirring, until hot, 1 to 2 minutes. Serve topped with the remaining bacon and corn.
SERVES 6: 1½ cups each
Cal 344 **Fat** 11g (sat 5g) **Chol** 97mg **Carbs** 43g **Total sugars** 9g (added 0g) **Protein** 23g **Fiber** 5g **Sodium** 798mg **Potassium** 896mg.

JASON DONNELLY; STYLING: LAUREN MCANELLY (FOOD), SUE MITCHELL (PROPS); ILLUSTRATION BY EMMA DIBBEN; RECIPE BY BREANA KILLEEN

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B_{12} (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Appetizers, Snacks & Drinks																				
48	Caramelized Leek Dip	104	3	0	1	0	114	67							■	■				■
94	Lumpiang Sariwa (Fresh Spring Rolls)	221	33	7	8	3	400	261			22	36						■		
46	Pineapple Kombucha Mai Tai	155	14	3	0	0	8	101						21	■	■			■	■
58	Taco Dip with Tomato Wedges	153	11	0	11	2	142	538				34	26	30	■	■		■		■
58	Tomato & Olive English Muffin Pizza	213	35	0	11	7	385	599	23			33		28	■			■		■
Side Dishes																				
50	Cheddar-Jalapeño Tomatoes	60	4	0	3	1	169	224						21	■	■	■	■		■
88	Grilled Corn with Mushroom-Miso Butter	168	22	0	6	3	211	330								■		■		■
98	Kaning Dilaw (Golden Rice)	226	37	0	3	2	300	36								■			■	■
33	Marinated Charred Green Beans	125	7	0	2	2	297	197							■	■		■	■	■
33	Parmesan-Rosemary Zucchini Fries	110	16	0	7	2	403	335						21	■			■		■
58	Pesto & White Bean Stuffed Tomato	116	17	0	6	5	399	627				34		28	■	■		■		■
Salads																				
34	Arugula, Chicken & Melon Salad with Sumac Dressing	453	15	1	33	3	489	959	21	28	26	98	30	51	■	■		■		
28	Caesar Salad with Grilled Steak	370	9	0	26	4	492	753		44		210	61		■	■		■		
96	Ensaladang Mais (Grilled Corn Salad)	185	32	7	5	4	204	454						46	■	■	■	■		
96	Ensaladang Ubod (Hearts of Palm Salad)	133	20	0	1	1	350	400						21	■	■		■		
84	Roasted Eggplant & Tomato Salad with Caramelized Lemon Dressing	195	12	1	3	4	361	460								■		■	■	■
58	Spicy Tomato & Seaweed Salad	92	13	0	3	3	256	468				34		32	■			■	■	■
58	Tomato, Peach & Feta Salad	189	23	3	7	5	242	754				37		39	■	■		■		■
Vegetarian & Vegan																				
30	Egg-in-a-Hole Fried Quinoa	342	29	0	13	5	455	541		26			21	21	■	■	■	■		■
80	Fideuà de Verduras (Grilled Pasta with Vegetables)	312	50	0	9	7	453	310		50		45		31	■			■	■	■
87	Socca with Crispy Potatoes & Scallion-Za'atar Relish	318	22	0	6	4	381	438		29					■	■		■	■	■
Chicken *(see also Salads)*																				
35	Chicken Cutlets with Garlicky Tomato Sauce	220	5	0	24	1	353	395							■	■		■		
98	Chicken Inasal (Grilled Chicken)	213	5	2	20	0	297	282					26			■	■	■		
29	Maple-&-Tamarind-Glazed Spatchcock Chicken	366	5	4	39	0	423	347								■		■		
79	Paella Valenciana	406	31	0	31	3	425	544		31	21					■	■	■		
Fish & Seafood																				
81	Arroz con Bogavante (Grilled Rice with Lobster)	219	24	0	9	1	487	386		21			49			■		■		
102	Clam & Corn Chowder	344	43	0	23	5	798	896			142		183	31	■			■		
79	Fideuà de Marisco (Grilled Pasta with Seafood)	426	43	0	34	3	849	721		46	23		575					■		
43	Gazpacho with Scallop Brochettes	313	24	0	21	5	763	877				67	84	108	■			■		
87	Grilled Sea Bass with Charred Tomato & Corn Salad	476	24	0	32	3	582	908				35		24		■		■		
47	Grilled Shrimp Boil Packets	414	32	0	27	4	582	969						39	■	■		■		
32	Grilled Snapper & Okra with Spicy Tartar Sauce	317	9	0	32	5	505	949				35	178	29	■	■		■		
40	Salmon Cakes	354	29	0	28	3	496	500							■	■		■		
98	Sinigang Poke	286	9	0	25	2	262	652				28	197	43		■	■	■		
Beef & Pork *(see also Salads)*																				
39	Black Pepper Steak with Sour Cherry Sauce	349	16	6	25	2	471	513					47		■	■		■		
52	Grilled Sausage, Peppers & Onions with Herb Vinaigrette	291	15	0	20	3	693	513				45	20	148	■	■		■		
Desserts & Baked Goods																				
88	Honey Cornmeal Cake	267	46	30	4	2	224	94									■			■
59	One-Bowl Whole-Wheat Mini Muffins	45	8	3	1	1	32	26							■		■	■		■
53	Peach Cobbler with Ginger Biscuits	176	34	11	3	3	222	214									■	■		■
54	Peanut Butter Crispy Rice Treats with Chocolate & Caramel Drizzle	237	25	16	4	1	110	53								■				■
96	Pinya Flan (Roasted Pineapple Flan)	231	36	24	6	0	78	238								■				■

Key to Index & Nutrition Info

■ Recipes are tested in the *EatingWell* Test Kitchen by at least two people on gas and electric stoves.
■ "Active" time includes prep and time spent tending to food as it cooks and getting it to the table for serving.
■ "Total" time indicates the entire amount of time required for each recipe, start to finish.

How We Analyze Recipes
■ All recipes are analyzed for calories, total & saturated fat, cholesterol, carbohydrates, total & added sugars, protein, fiber, vitamins and minerals by a Registered Dietitian using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR.
More info: *eatingwell.com/go/guidelines*
■ Garnishes and optional ingredients are not analyzed.
■ To help people eat in accordance with the USDA's Dietary Guidelines for Americans, *EatingWell*'s suggested portions are based on standard serving sizes. Suggested servings for meat, poultry and fish are 3 to 4 oz., cooked. Vegetable side dishes are a minimum of ½ cup. Starch-based side dishes (e.g., rice, potatoes) are also ½ cup.

Key to Column Labels
% Daily Value: Recipe provides 20% or more of the Daily Value (DV) of a nutrient for adults eating 2,000 calories/day.
45 Minutes or Less: A recipe's start-to-finish (total) time is 45 minutes or less.
Gluten-Free: No wheat, rye or barley.
Heart-Healthy: Limited saturated fat and sodium.
Low-Cal: Recipes are relatively low in calories.
Vegan: No animal products.
Vegetarian: Meatless (or meatless options listed first).

Investing in Your Farmers

Dan Miller's Steward platform allows individuals to buy into regenerative agriculture.

By Sara Ventiera
Photo by Stephen Voss

THE SITUATION When Dan Miller's chef friend spilled the saga of his struggle to procure a rare variety of chile pepper (all for hot sauce), Miller was perplexed. The Baltimore-based chef related how he had *finally* discovered a farmer in his area who was growing them—the peppers had all but disappeared from commercial cultivation—so he had committed to buying every last one. But, in spite of having a dedicated buyer, the farmer wasn't able to get a loan to increase production. It was a classic example of how the farm lending system favors commodity growers. And it gave Miller an idea. With a background in launching crowdfunding platforms, Miller wondered if a similar model could help small farmers.

WHAT HE DID In 2017, Miller founded Steward, an online crowd-sourced investment company geared toward financing the growth of farms practicing regenerative agriculture—a method of farming that helps restore soil health, improve ecosystems and capture carbon. To date, Steward has invested more than $4 million into 40-plus projects—from an organic strawberry U-pick in Georgia to a biodynamic vineyard in Switzerland—and provided loans from $5,000 to more than $500,000. "We wouldn't be the full-functioning farm we are now without Steward," says Amy Eckert of Detroit's Fisheye Farms. She used part of her loan to build a barn, allowing her to move operations from the back of a Mercury Mariner SUV.

WHY IT'S COOL So far, 835 individual lenders from around the world have invested $100 to $250,000 in a range of sustainable agricultural projects on independent farms. The 12-person Steward team, which includes veteran farmers, determines the financial needs of each project and the best way to structure the funding based on the collateral provided, the farmer's experience and cash flow. Interest rates vary from 5 to 10%, so lenders earn a fair return. Bec Milgrom, who invested in Fisheye Farms, says she is happy to have an opportunity to align her investment dollars with her values. "Steward opened that door for me in a low-barrier way that I didn't have access to before," she says.

Wildflower fields behind Dan Miller *(pictured)* help support honeybees on his family's farm in Maryland.

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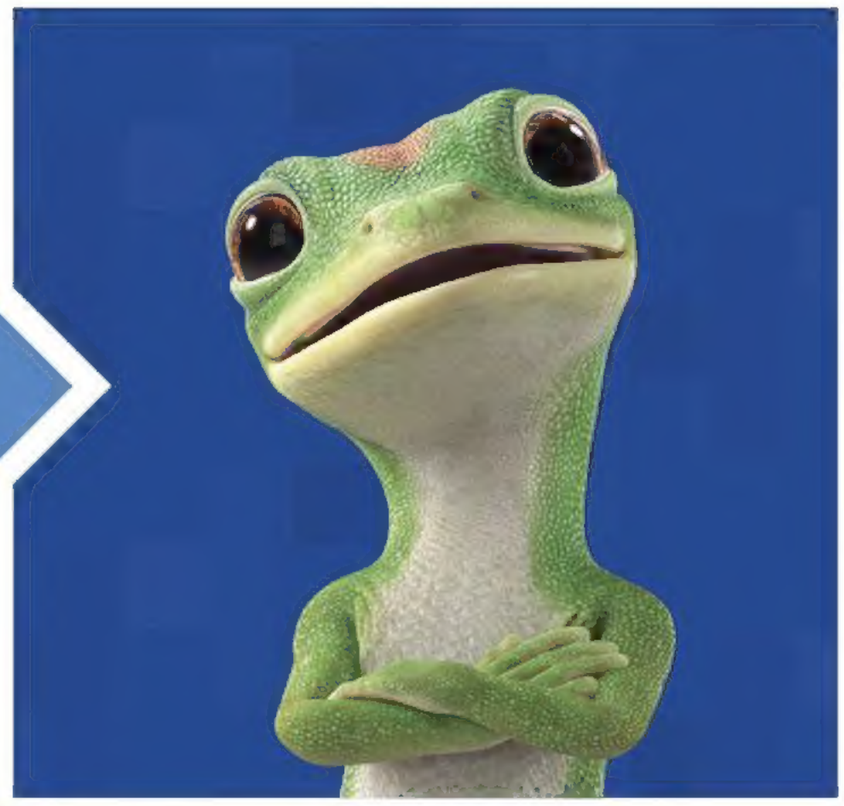

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